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Jelly Belly Begone!

Don't look like Santa Claus anymore. Here are some fitness tips from Maj. Thomas Hundley to get rid of the "tire" in the middle and avoid embarrassing questions.

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On Target

New training will teach more than 350 drill sergeants new techniques on Basic Rifle Marksmanship and methodology.

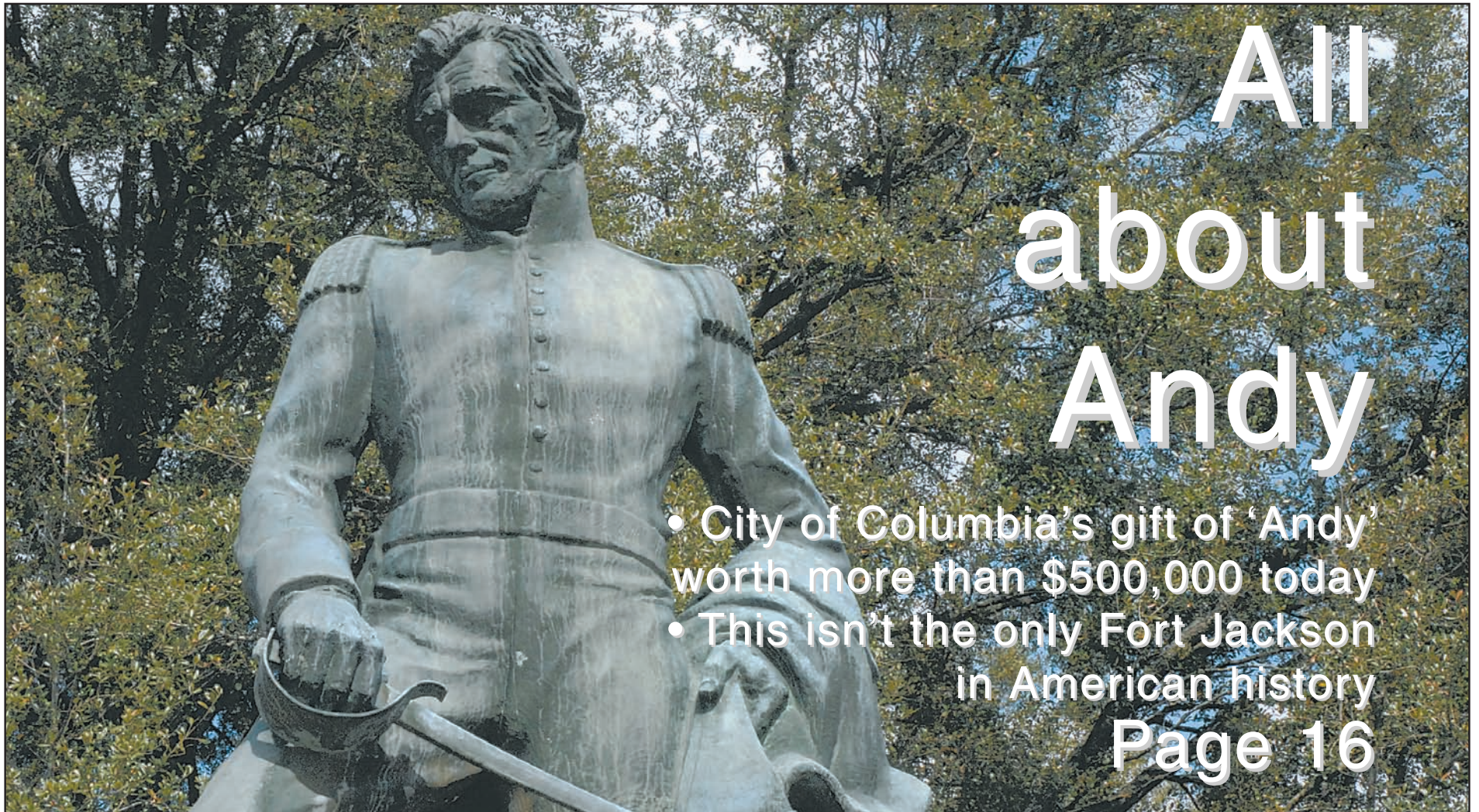
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The Fort Jackson Leader

Thursday, March 13, 2008

Published for the Fort Jackson/Columbia, S.C. Community

www.fortjacksonleader.com



All about Andy

- City of Columbia's gift of 'Andy' worth more than \$500,000 today
- This isn't the only Fort Jackson in American history

Page 16

Frustration wanes as conference closes; ideas abound

Mike A. Glasch
Leader Staff

When in doubt, always err on the side of the Soldier and his or her family.

For four days that point was hammered home to more than 200 personnel and leadership representatives from the Army's Warrior Transition Units (WTU) and Community Based Health Care Organizations (CBHCO).

The top leaders from the Army's Warrior Care and Transition program and Department of the Army G-1 brought the WTU and CBHCO S-1 representatives to Columbia Mar. 4-7, for a Warrior Transition Unit Personnel Training Conference.

"(Brig.) General Tucker (Assistant Surgeon General for Warrior Care and Transition) realized that a lot of these guys who take care of the HR needs for our warriors in transition didn't have the information they needed," said Col. Steven Shappell, Deputy Adjutant General of the U.S. Army. "MEDCOM (Med-

ical Command) puts out all these guidelines, but those of us at G-1 aren't seeing them and that is causing a lot of frustration."

Shappell was quick to point out that the high frustration level apparent at the start of the conference showed the dedication among those responsible for the human resources aspect of WTUs.

"The frustration was actually a good thing," he said. "They came here because they take care of Soldiers. Now I have a briefcase full of problems that I am going to take back and work on. You could see the frustration level dropping each day."

At the start of the conference, Tucker said the lack of communication had created a bureaucracy that "gives me a headache." He cited problems such as regulations that contradict each other, wounded Soldiers being dropped from the payroll and Soldiers in WTUs not being able to reenlist. In addition to addressing those personnel issues, improving the quality of life of the WTU cadre became a major topic.

"When you look at the cadre at these WTUs, they are the brightest and the best — incredible Soldiers, NCOs and officers," Shappell said. "I think we will spend the next year working on how to make life better for them and giving them better tools."

The director of the Warrior Transition Unit program for the Army Medical Department and the Army Surgeon General, Col. Rebecca Baker, admitted there will continue to be "growing pains" with WTUs. But she said that as new problems arise, networking would be the key to finding solutions.

"The answers don't just lie in the frag orders, policies or regulations. It's talking to each other, finding out how someone else is executing or implementing them on the ground," she said. "We need to take good ideas, develop good policies and solutions, and then institutionalize them into this new organization of the Warrior Transition Unit so that not only do we do them right next month, but that we do them right next year."

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Ask the Garrison Commander

Prevention Expo; injured Soldier; awards

Q Last year, a “Prevention Expo” was held at the MG Robert B. Solomon Center. Will Fort Jackson host this type of event again this year?

A Fort Jackson’s Army Community Services Soldier and Family Readiness program will present its second annual Prevention Expo April 15. The event will be held at the Solomon Center from 8:30 a.m. to 4 p.m. The event will profile multiple workshops, awareness tables and a keynote speaker, Chiccy Baritone, a young gifted poet from Greenville, S.C., For additional information or to profile your service, call 751-6325.



Col. Dixon

Soldier’s recovery and formally requests it, the commander of the U.S. Army Human Resources Command may approve Invitational Travel Orders, which are issued by the installation or overseas commander. AR 600-8-1, Army Casualty Reporting/Assistance/Insurance, states that ITOs may be issued to not more than two family members of a Soldier who is hospitalized and classified as “very seriously injured” or “seriously injured.” Specific benefit entitlements for family members receiving ITOs are listed in the Joint Federal Travel Regulation, volume 1, paragraph U5246. A Soldier’s family member is defined as the spouse, children (including step, adopted, and illegitimate children), siblings and parents (includes father and mother through adoption and a person who stood *in loco parentis* to the member for a period of not less than one year immediately before the Soldier entered the U.S. Army). However, only one father and one mother or their counterparts may

be recognized in any one case.

Garrison Fact of the Week

Every two minutes, somewhere in America, someone is sexually assaulted. One in six American women and one in 33 men are victims of sexual assault. An estimated 44 percent of rape victims are younger than 18 years old and 80 percent are younger than 30. Sexual assault is one of the most underreported crimes, with more than half of all occurrences left unreported. Using services such as the ACS Sexual Assault Prevention and Response program can help encourage victims to get help and report what has happened to them, so that more perpetrators can be brought to justice. For additional information, to report an incident or seek assistance, call the Sexual Assault Response coordinator at 751-6325. An advocate can be reached around the clock at 429-4870.

To submit questions to “Ask the Garrison Commander,” call 751-5442, or e-mail nahrwolds@jackson.army.mil.

Rise to every occasion, overcome the obstacles

COMMENTARY

Jacey Eckhart
CinCHouse.com

Dear Mrs. Eckhart,
I am 9 years old. I have two sisters and a baby brother. My Dad is a Soldier with the Army National Guard who is deployed to Iraq and will be home in the next few weeks. My Dad will get a parade for coming home, could you please write my mom Mrs. William Pulcastro a thank you note?

Sincerely,
Kathryn Pulcastro
Wappingers Falls, New York
Sometimes I open my e-mail and I am overcome by it. While I’d be delighted to write a thank-you note to any military family, I read this and wondered how a note from a stranger could possibly equal the feeling that a 9-year-old puts into a letter like this?

Nine years old is the third grade. Nine years old keeps track of who has pierced ears in your class and who doesn’t. Nine years old accepts the all-encompassing

power of Mommy as if it were oxygen and clean water and money pouring forth from the ATM.

And here is this lovely 9-year-old bearing witness to a mother who has risen to the occasion. When I wrote to Kathryn to find out more about her mom, she told me that’s what her mom was all about.

“My mom’s favorite saying is ‘Rise to every occasion, and overcome the challenge.’”

The things Mrs. Pulcastro has done might not seem like a big deal to you. Her daughter says that her mom had never mowed a lawn in her life and had to learn how to do it. She learned how to tile the kitchen floor from the man at the store.

“Our mom doesn’t do ‘distance driving’ it was something Dad always had done because it made mom nervous,” Kathryn wrote.

The woman now drives more than an hour to her family readiness group meetings and has even volunteered to help other families in the unit.

I think that’s pretty good stuff — the kind of action so many military spouses do simply because they must.

But Kathryn’s mom is something more. She has an image to uphold, a trust with her children about the kind of mom she would be.

Kathryn tells a story about how one night the three sisters were supposed to have a sleepover with one friend each, but the water pipes froze and no plumber could be found. Most moms would cancel the sleepover and offer a secret thanks for freezing weather — whether dad was deployed or not. At first Mrs. Pulcastro dreamed up the idea that the girls could have a Polar Bear party and could go sledding with friends and have hot cocoa, but no sleepover. Then she thought of trying to get the house hot enough to thaw the pipes. Evidently, the house was really, really, hot.

“She came to us and said, ‘OK, scratch the polar bear party. What about a tropical party and a sleepover?’” Kathryn said. “We had lots of fun with left over decorations from a summer party.”

A mom wins a lot of loyalty from a kid with that kind of behavior. A wife wins a lot of praise. A fellow citizen who does not buckle under during times of crisis de-

serves a lot of gratitude from the rest of us.

So thank you, Mrs. Pulcastro. Thanks for lending us your husband for this deployment. We need citizen Soldiers like him to step forward. We need spouses like you to take up the slack.

Thank you for being the kind of military spouse who does so much more than just survive a deployment. You thrive. That’s impressive.

But most of all, thank you for being the kind of mother who puts a child like Kathryn into the world. By your behavior, you and your husband have shaped your children’s expectations of how adults are supposed to act during times of crisis.

You probably thought you were invisible to the world during this deployment, one of thousands. Yet you were visible to the most important people in the world, the people who will go forth and keep the rest of us company.

You’ve set them a pattern that they will not be able to ignore. Rise to every occasion and overcome the challenge.

Editor’s Note: A 19-year military spouse, Jacey Eckhart is a nationally syndicated columnist with CinCHouse.com.

The Fort Jackson Leader

Fort Jackson, South Carolina 29207

This civilian enterprise newspaper, which has a circulation of 15,000, is an authorized publication for members of the U.S. Army. Contents of the Fort Jackson Leader are not necessarily the official views of, or endorsed by the U.S. Government, the Department of Defense, Department of the Army or Fort Jackson.

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For display advertising rates and information: Camden Media Company, P.O. Box 1137, Camden, S.C. 29021, (800) 698-3514. For classified advertising e-mail: skaress@ci-camden.com or fax (803) 432-7609.

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Oops! We goofed ...

In the “It truly is a small world — especially in the Army” article on page 17 of the March 6 Leader, Pfc. Robert Weidemann should have been listed as Pfc. Richard Weidemann. We regret the error.

NEWS

Learning to respond to domestic violence

Mike A. Glasch
Leader Staff

According to the South Carolina Attorney General's office, more than 36,000 victims report a domestic violence incident each year to law enforcement agencies across the state. Even more go unreported, with one out of every four women experiencing domestic violence sometime in her lifetime.

Those statistics can be applied outside, as well as within the gates of Fort Jackson.

"There is no difference from the civilian community. We are just a mirror of our society," said Lt. Col. Greg Vibber, director, Directorate of Emergency Services. "The rates of domestic violence are about the same and the circumstances are similar — drugs, job stress, money — civilian or military; they're the same."

That means military police and Department of the Army civilian police officers have to know how to respond when they receive a domestic violence call. They have to be able to handle not only the aggressor, but the victim as well.

That is why DES recently brought in a mobile Domestic Violence Intervention Training team for a 40-hour course. Law enforcement from Fort Jackson and Shaw Air Force Base, chaplains, chaplain assistants and Army Community Services representatives all took part learning such topics as: how to respond to a domestic violence situation, reasons family members leave or do not leave the situation and the available resources for individuals seeking intervention.

"We have to have all agencies involved," Vibber said. "We have to be able to point victims in the right direction. If we don't make the situation right, something could go terribly wrong down the road."

As the first responders, MPs and DA civilian police have to be prepared for any situation. Preparing them physically and mentally play equal roles according to Hazel Snell, DVIT instructor.

"The first minute of them arriving is the most dangerous for officers," she said. "We want them to learn how to go in and separate the two who are disputing, how to calm them



Photo by Mike A. Glasch

Students in Domestic Violence Intervention Training participate in a role-playing exercise, designed to help them understand the feelings and frustrations felt by a victim of domestic violence.

down, and how to bring them back together so they can actually work out their own problems.

"But we also tell the officers that if the fight is on, they're throwing stuff, breaking stuff, physically touching each other, then mediation is not going to work. Then they have to go in and apprehend."

Both Snell and Vibber agree that getting the family the help they need should be everyone's main goal.

"You can de-escalate the situation very quickly just by getting the right parties (agencies) involved," Vibber said. "If you don't handle it correctly, you may have to arrest them and that's not always the right call — it's to control the situation."

"Even though we may prosecute, we have to get the family some help. That's where this training comes in — teach-

ing officers where the help is," Snell said. "At the end of the course we put them through a role-playing scenario designed to put the students in the shoes of the victim; feeling vulnerable and unsure of where to turn for help."

Jose Rodriguez, a 23-year law enforcement veteran (in uniform and now as a DA civilian police officer) said he is better prepared to offer abuser and victim the assistance they need.

"A lot of us in the class didn't know what services the other could provide," he said. "Now I have a better understanding of the problem as a whole and know where to turn to get a better end solution. It's just a matter of reading the situation better and knowing which questions to ask and not to ask."

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New gas pumps installed at Gate 2 Shoppette

Chris Rasmussen
Leader Staff

"Outdated" gasoline pumps have been replaced at the Gate 1 Shoppette, completing a makeover of Fort Jackson's two consumer fuel stations.

The Army and Air Force Exchange Service began replacing the pumps, which date to 1989, last week. The 10 new pumps, which now offer receipts and allow the use of a credit or debit card, were opened Tuesday morning.

"The other pumps were really outdated," said Henry Dalton, an Army retiree. "It is nice not to have to walk to the counter in order to use my credit card. But with the price of gas these days, that was the least of my worries."

AAFES installed 20 new pumps in June at the Gate 2 Shoppette. The new pumps were installed in response to numerous complaints from customers. Community FIRST/Army Family Action Plan received several issues about Gates 1 and 2 Shoppettes' gas pumps in 2007 about them being routinely out of service and unable to print receipts for customers.



Photo by Chris Rasmussen

Henry Dalton, an Army retiree, fills up his tank Tuesday morning at the Gate 1 Shoppette, moments after new gas pumps were opened.

The cause of the problems, according to AAFES, was vandalism and the pumps were simply too old and required more

maintenance.

"They were totally outdated," said Maurice Joiner, AAFES general manager. "One

of the biggest issues is that customers had to walk up to the window to get their receipt."

Community FIRST/AFAP is a quarterly issues resolution process designed to provide continuous feedback from the Fort Jackson community on issues that cannot be resolved by the Interactive Customer Evaluation system. It also conducts focus groups by its constituents, which include Soldiers, family members, retirees, veterans, surviving spouses, teens and the civilian workforce.

"This (the new pumps) is just one example of how Community First and AFAP is an effective tool in resolving issues within the Fort Jackson community," said Col. Lillian Dixon, garrison commander.

While Gate 2 pumps were fitted with video screens that can deliver command information, advertisements, news and shoppette specials, Gate 1 pumps do not feature the same technology.

"We decided to include the iXMedia screens only at Gate 2 because it receives much more traffic than Gate 1," Joiner said.

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Around Post

Red Cross Volunteer Luncheon

A luncheon to recognize Red Cross volunteers will be held from 11 a.m. to 1 p.m., today at the NCO Club. The cost is \$10 per person, free for active Red Cross volunteers. Tickets must be purchased by today. For more information and to RSVP, call 751-4329.

Mini Job Fair

A mini job fair will be held from 10 a.m. to 2 p.m., today at the Education Center, third floor. For more information, call 751-5256.

St. Patrick's Day Golf Tournament

The second annual 171st Infantry Brigade St. Patrick's Day Golf Tournament will be held Friday at the Fort Jackson Golf Club. Registration is required by Monday. For more information and to register, call 751-7154/3301 or e-mail Patrick.Gadie@jackson.army.mil.

Women's History Month Luncheon

The National Women's History Month Luncheon will be held from 11:30 a.m. to 1 p.m., Tuesday at the Officers' Club. The guest speaker will be Command Sgt. Maj. Althea Green Dixon. Tickets cost \$9.25 and can be purchased from a unit equal opportunity representative or from the Fort Jackson equal opportunity advisor. For more information, call 751-2773.

DA Photos

The Department of the Army Photo Management System will only accept photos for submission for promotion into DAPMIS for active Army commissioned officers, warrant officers above warrant officer 1 and noncommissioned officers of staff sergeant and above. All Army National Guard, Reserve commissioned and warrant officers including second lieutenant, warrant officer 1 and noncommissioned officers of sergeant and above are authorized to have DA photos done in the Photo Lab. For active duty Soldiers in the rank of second lieutenant, warrant officer 1 and sergeant who are submitting a special package, the photo will be taken, but not sent to DAPMIS. For more information, call 751-7524.

New course gives civilians a feel for BCT

Chris Rasmussen
Leader Staff

New civilian employees are about to get a taste of what it's like to go through Basic Combat Training.

The Greening Course, a newly mandated program by U.S. Army Training and Doctrine Command, is designed to give employees an overview of what it takes to train more than 45,000 Soldiers each year at Fort Jackson.

"We hope that by doing this that new employees will get an idea of what we do here at Fort Jackson and why we are here," said Paula Darrow, senior operations assistant.

Nine employees will participate in the program March 27-28, and future Greening Courses will be held every quarter. It is required for all mission-related Army civilians only.

"We bring them all in and give them an overview of BCT at Fort Jackson and what we do to support the training mission," Darrow said.

Following the briefing, participants will head to Hilton Field to view a BCT graduation. Next, they will go to the Team Development Course to try their hand at negotiating a number of obstacles.

After eating lunch with Soldiers at a battalion dining facility, the employees will have an opportunity for some hands-on experience at the EST 2000 trainer which incorporates different weapons systems with a video target screen.

"When we take them to graduation they get to see the end result of what they are supporting here at Fort Jackson. They get to look at the graduating Soldiers and feel like they had a part in supporting their success," Darrow said.

Participants will be transported to various training sites during the quarterly course depending on what's available that day.

"We hope that by taking them to EST 2000 and letting them have the hands-on and that by talking with Soldiers they will gain insight on why we are here," Darrow said.

The course is part of the New Employee Orientation program conducted by the Civilian Personnel Office.

"We take new employees and brief them on their rights as a civilian," said Jannette Spencer, human resource specialist. "Then they are given presentations by Equal Employment Opportunity, Army Community Services, Emergency Services, the Safety Office and labor and management relations."

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Post Soldier, NCO of the Quarter



Photo by Chris Rasmussen

Spc. Christopher Calais, Headquarters and Headquarters Company, 165th Infantry Brigade, is congratulated by Brig. Gen. James Schwitters, Fort Jackson commanding general, for being named Post Soldier of the second Quarter during a ceremony Friday at the Joe E. Mann Ballroom. Sgt. Michael Ethridge, Company A, 120th Adjutant General Battalion, who could not attend the ceremony, was named Post Noncommissioned Officer of the second Quarter. His wife, Valerie, accepted on his behalf. The two will compete in the Post NCO and Soldier of the Year competition April 14-16.

Soldiers get motivational tips

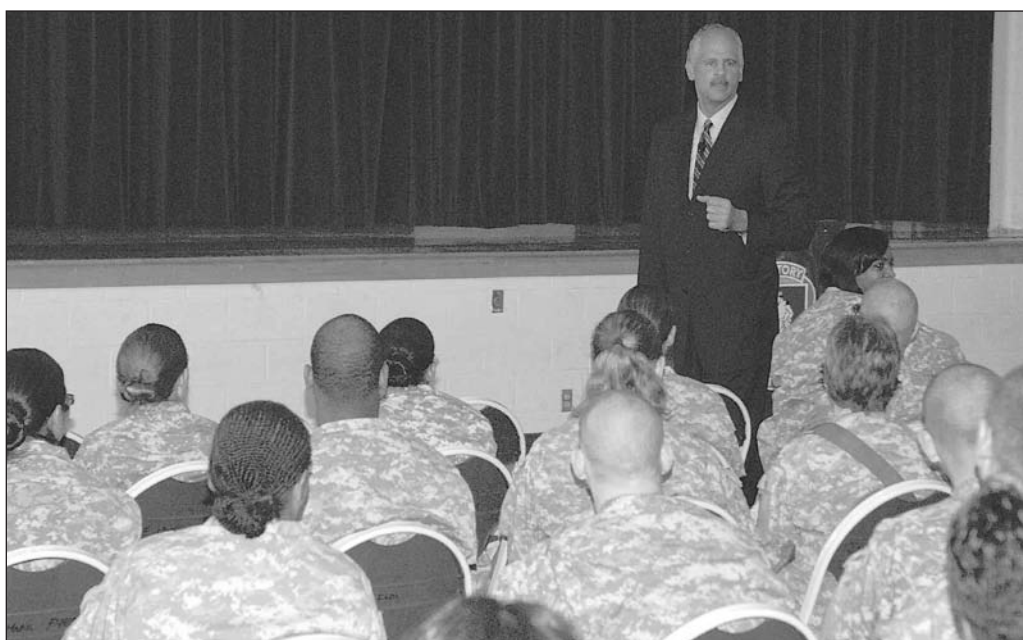


Photo by Mike A. Glasch

Motivational speaker and education mentor Stedman Graham addressed Soldiers, family members and the Fort Jackson community at the Joe E. Mann Center Wednesday. Graham shared motivational concepts that echoed the Army Community Education Systems' annual theme, "Victory Starts Here With Education."

Customer Service Corner

Fitness classes; child care; SDAP

Christina Garza

Community FIRST Coordinator

This week's article will focus on issues submitted to Community FIRST/AFAP. These issues have been recently completed, or deemed unattainable. The issues discussed in this article pertain to and were reviewed by the Directorate of Morale, Welfare and Recreation and the Defense Military Pay Office.

The first issue, submitted by a community member, is that the gyms on post that do have personal trainers and fitness classes available do not have operating hours to support those Soldiers and drill sergeants who work in the Basic Combat Training environment.

The community member stated that if classes and personal training sessions were offered "before" and "after" hours, this would increase the well-being of the Soldiers who are currently unable to use the services because of time constraints.

They recommended MWR have personal trainers and fitness classes available in the early morning hours, late evening hours and Sundays. MWR responded that the Sports and Fitness program has added a fitness specialist to its staff.

The fitness program has also added several land and water classes to its program since November, and the calendar is posted on the MWR Web page at <http://fortjacksonmwr.com/andy/>.

Patrons can view available classes online and see who is teaching the class, which includes the instructor's biography. Morning, lunch, evening and Saturday classes have been added to the fitness schedule.

Knight Pool offers circuit training for those who would like a quick cardio and strength workout, and water classes are offered Monday through Friday. For more information, call 751-5768.

The second issue, submitted by a community member, was that the hours of daycare services available on Fort Jackson are not convenient for two-working parents who have to work on weekends and holidays.

Their recommendation was that weekend and holiday hours for child care be provided on Fort Jackson.

MWR responded that Child and Youth Services provides child care on Saturdays and holidays through Child Development Homes. They have the ability to provide service for 24 children, but seldom have more than 10 children in care. In addition, some of the Family Child Care providers also offer evening, overnight and weekend care. The School Age Services program has recently extended its operating hours and also provides Saturday care. Saturday care at the Scales Avenue Child Development Center begins this Saturday.

People who need to arrange for care on weekends and holidays should contact the CYS Central Enrollment Office for help with enrolling in care that meets their needs.

The third issue, submitted by a community member, was that Special Duty Assignment Pay for drill sergeants should be increased from the current level to the next higher level. The Defense Military Pay Office responded that the local Military Pay Office cannot increase or decrease SDAP amounts set by the Deputy Chief of Staff Army G1, which must approve all changes for Special Duty Assignment Pay.

Fort Jackson's commanding general did not recommend this issue for forwarding to a higher level at this time.

The Community FIRST/Army Family Action Plan is an ongoing process that allows community members to submit issues that cannot be fixed by the Interactive Customer Evaluation system.

For a detailed list of issues submitted through the Community FIRST process, visit the Fort Jackson Customer Management Services home page at: <http://www.jackson.army.mil/WellBeing/wellbeing.htm>

ICE Appreciation

The garrison congratulates the Fort Jackson Dental Activity, Caldwell Dental Clinic, and the Directorate of Emergency Services, Provost Marshal Office. They have achieved a 4.76 and a 4.74 rating, respectively, in employee/staff attitude out of a possible 5.0, for a 12-week period. This is an outstanding performance in customer satisfaction. Keep up the good work.



Semmes Lake to get a pier

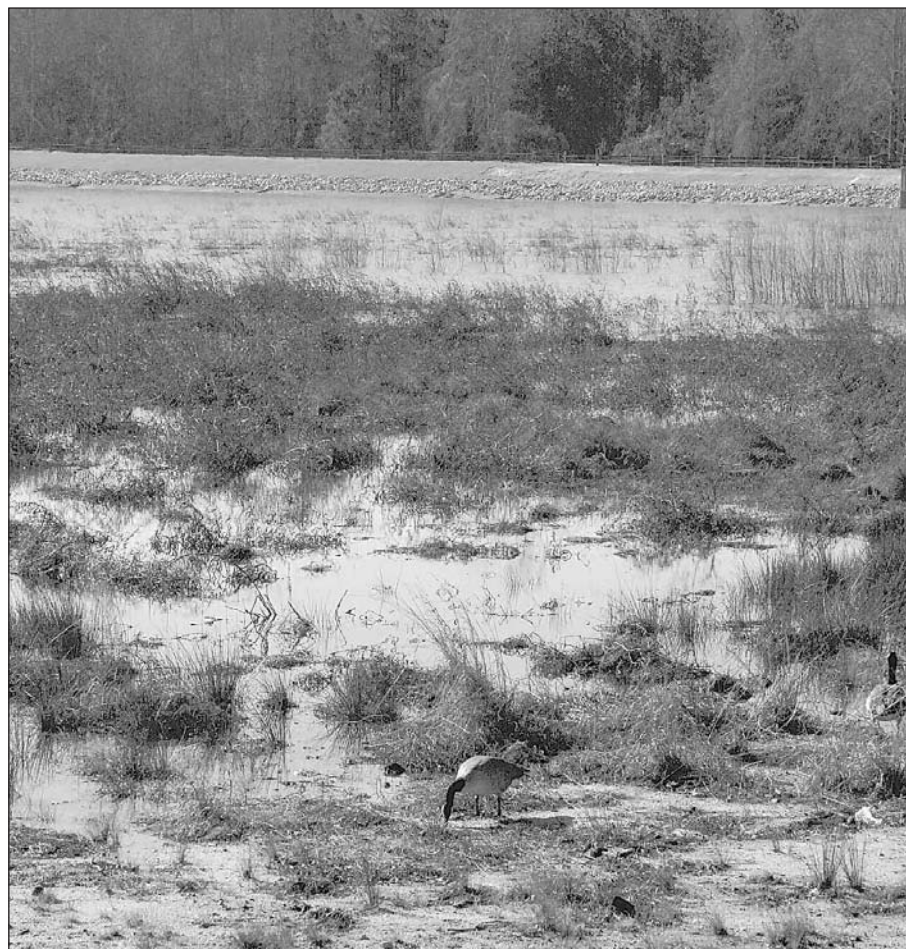


Photo by Chris Rasmussen

Semmes Lake is, well, a lake again — at least for now. The lake was drained in July to allow the construction of a new dam. The project was completed early this year and recent rains have brought the water level back up. The lake will be drained again so that Morale, Welfare and Recreation can build a 70-foot fishing pier.

NEWS

Drill sergeants training right on the mark

Chris Rasmussen
Leader Staff

Gary Keeney is here to dispel some myths and share valuable knowledge about Basic Rifle Marksmanship.

A contractor with the Asymmetric Warfare Group, the former special operations warrior is part of a team conducting five-day courses for Fort Jackson drill sergeants.

"We are teaching them to master the four fundamentals of rifle marksmanship and the tactical methodology behind them so that they can incorporate it into their training of Soldiers," Keeney said. "Then we expand on the four major fundamentals."

The AWG training is part of the Combat Application Training Course, which is intended to bridge the gap between capabilities and operational requirements in a manner that translates across the training spectrum and within current resource restraints.

More than 350 drill sergeants are expected to complete the training, which began in January and will continue through May. Each class averages between 20 and 30 drill sergeants and officers.

"It is a great way to learn new techniques which we can bring to our Soldiers," said Staff Sgt. Joseph Rivera, a drill sergeant with Company B, 2nd Battalion, 13th Infantry Regiment. "We have already incorporated AWG into Basic Rifle Marksmanship."

The training has received such a large favorable response that it has been extended by two months.

"We have really lit a fire here at Fort

Jackson and by the commanding general extending it, the fire is really spreading throughout the post," Keeney said.

The course begins with a basic maintenance class, dispelling a lot of old wives' tales associated with cleaning, maintaining and repairing their weapons. Soldiers are then taught various riggings of their weapons including slings and optics.

Instructors then go into the fundamentals of firing their assault rifles as well as a trip to EST2000, an engagement skills trainer that utilizes video targeting.

"After a couple of days, we add some stress to it and really make them concentrate on the sight image and have them fire from the prone, sitting, standing and kneeling positions," Keeney said.

Soldiers are then put through a night-fire exercise in which they fire 45 rounds. "To some guys this is the most night shooting they have done in their career," Keeney said.

On the following days, barricades are introduced and reloading and malfunction classes are provided.

"We really, really stress safety and safety corrections are not made by the hour, but by the minute," Keeney said. "If Soldiers are safe with their weapons, you can do more and more training."

Instructors also attempt to build teamwork and camaraderie through timed competitions.

"They start to build trust within their teammates," he said. "Those things can't be measured but are a must to be an effective combat Soldier."

Chris.Rasmussen@jackson.army.mil



Staff Sgt. Joseph Rivera, a drill sergeant with Company B, 2nd Battalion, 13th Infantry Regiment, checks the group of his shots Tuesday during the second day of Asymmetric Warfare Group training. More than 350 drills sergeants are expected to complete the five-day course.



Photos by Chris Rasmussen

Fort Jackson drill sergeants line up to fire from 300 meters Tuesday at Argentan Range during Asymmetric Warfare Group training. The course reinforces Basic Rifle Marksmanship skills and is intended to give drill sergeants tools they can bring back to training their Soldiers.

New laser device improves Soldiers' aim



Photo by Drew Hamilton

Test Officer Paul Brown adjusts a thermal weapon sight on White Sands Missile Range's Small Arms Range Feb. 7. The structure where he is firing from is more than 100 degrees inside, and the small space requires that he wear an oxygen mask because of the carbon dioxide produced by the weapon.

Drew Hamilton
Army News Service

WHITE SANDS MISSILE RANGE, N.M. — A new series of laser aiming and illumination devices are now being tested at White Sands Missile Range.

The compact lightweight devices are designed to be carried on a Soldier's weapon and provide multipurpose functionality. The new sight systems could be used to illuminate areas either to highlight them for tactical purposes, or to just enhance the capabilities of night-vision devices.

"You know the phrase 'we own the night,' well that starts here," said Mike Williams, an engineering technician with the Unmanned Vehicle/Soldier Branch of the Material Test Directorate's Future Force Division.

The multipurpose nature of these new devices can give Soldiers maximum utility, test officers said, while keeping things simple so that the Soldier can focus on completing the mission.

"You want to be able to attach one thing and go and not worry about changing things in and out," said Paul Brown, a test officer with the Unmanned Vehicle/Soldier Branch.

Tests like those being conducted on the

laser aiming and illumination devices are run on many devices to evaluate their abilities and ensure that the designs meet the standards set by the Army and the manufacturers. Since the team is expected to provide accurate and useable data on the devices tested, Brown said every team member is required to be an expert in their field.

By working closely with the various test groups, such as those from environmental effects, electromagnetic effects, and the Survivability/Vulnerability Analysis Directorate on White Sands, the Unmanned Vehicle/Soldier Branch can find out what kind of conditions and situations a device can operate in.

"There are a lot of different organizations that take part in this and I want them to get credit. They do it, and we coordinate the test with them," Brown said. The data they collect can then be used to improve features or fix problems on a device. "The better (the manufacturer) understands what caused a failure, the more they can do to correct it," Brown said.

Editor's Note: Drew Hamilton writes for the Missile Ranger newspaper at White Sands.

Army, State Department partner on stability operations

C. Todd Lopez
Army News Service

WASHINGTON — When it comes to conducting stability operations, a new core mission for Soldiers, the Army won't be going it alone.

"For the mechanism of stability, there are four dimensions," said Maj. Gen. David A. Fastabend, Army director of strategy, plans and policy, for the Office of the Deputy Chief of Staff. "You need to be able to compel, control, influence and support. All of these things have to work together. But this cannot be a military function, and certainly not solely an Army function, but an operation that requires all elements of national power."

Elements of national power include agencies that exert diplomatic, international, military or economic power. One element of national power the Army will work alongside is the U.S. Department of State.

As part of its contribution to stability operations, the State Department will create a cadre of skilled civilians that can deploy, when needed, to countries in crisis, said Ambassador John E. Herbst, coordinator for the Office of Reconstruction and Stabilization, U.S. Department of State.

"This is a significant capability that would greatly enhance our national security," he said. "We've seen a need for trained and skilled civilians operating as teams in current operations in Iraq and Afghanistan. We would be able, in a crisis, to deploy anywhere from 900 to 1,200 civilians to operate command and control systems for all civilian operations within two months of a decision."

That deployable cadre of civilians would possess skills useful in a country where the government is not properly functioning: engineers, policemen, judges, corrections officials, lawyers, public administrators, public health officials and city planners to name a few.

Many of those civilians would be employed by either the State Department, United States Agency for International Development or other agencies. Some would need to be able to deploy in as few as 48 hours.

Other civilians involved in the program would be part of a "Civilian Reserve Corps," made of volunteers from local and state governments. Those individuals would sign on for a four-year obligation to serve for up to one year, if called upon.

Soldiers participating in stability operations will also need to possess skills other than those needed for warfighting, including securing local populations and infrastructure, providing civil control, and developing infrastructure. The Army's Training and Doctrine Command along with headquarters Department of the Army are working now to develop tactics, techniques and procedures to better prepare Soldiers for conducting stability operations.

Photo by Sgt. Brad Willeford

Staff Sgt. Kellen Hansen holds an Iraqi girl who ran up to him during a patrol March 4 in Taji Qada, northwest of Baghdad. Hansen is an infantryman assigned to HHC, 1-27th Infantry "Wolfhounds," 2nd Stryker Brigade Combat Team. Stability Operations is now an Army core mission outlined in the new FM 3-0.



FEATURE

Series: How civilians support the Army's mission

Guiding, helping Soldiers any way she can

Mike A. Glasch

Leader Staff

— *I am an Army Civilian — a member of the Army Team*

— *I am dedicated to our Army, our Soldiers and civilians*

— *I will always support the mission*

— *I provide stability and continuity during war and peace*

— *I support and defend the Constitution of the United States and consider it an honor to serve our nation and our Army*

— *I live the Army values of Loyalty, Duty, Respect, Selfless Service, Honor, Integrity, and Personal Courage*

— *I am an Army civilian*

For Stephanie Alexander, The Civilian Creed means whatever she needs to do to get the job done to take care of Soldiers.

As a training program specialist for the U.S. Army Chaplain Center and School, Alexander is responsible for making arrangements for every student coming through the school.

Those arrangements can include everything from scheduling classes, to making sure orders are correct, to housing issues. It often includes giving students a crash course on the Army.

"Because the chaplains are direct commissions they don't have any prior service, they don't understand military ways, things like the many acronyms that we use," said Alexander, a 27-year Department of the Army civilian. "So it's very



Photo by Mike A. Glasch

Stephanie Alexander, training program specialist, and Chaplain (Col.) Robert Eldridge, director of training, update class schedules at the U.S. Army Chaplain Center and School Wednesday.

confusing and often difficult for them to understand.

"A student last summer asked for a copy of the training schedule. I e-mailed him a draft. He e-mailed me back asking, 'What does 0400 stand for?' When I told him it meant 4 a.m. his response was, 'Is that a typo?' So I try to clarify things."

In addition to her official duties, for the

past two years Alexander has served as Fort Jackson's Jewish lay leader.

When the 120th Adjutant General Battalion (Reception) gets a Soldier of the Jewish faith in need of a prayer book, Star of David or a yarmulke, Alexander is the person they call.

"When Rabbi Weiss PCSed to Fort Lewis, Wash., the post was left without a

rabbi," Alexander said. "They do have a contract rabbi but no one here full time on the ground; so I try to do whatever I can do fill in that void."

Alexander's work behind the scenes has not gone unnoticed. Chaplain (Col.) Robert Eldridge, director of training, US-ACHCS, affectionately refers to her as the "housemother" for the schoolhouse.

"She makes sure they get off on the right foot," Eldridge said. "She goes that extra mile every time. Stephanie knows how to solve problems for our students and they know they can contact her and that she will find the answers."

That is because Alexander says she refuses to take "no" for an answer.

"I've worked for the government long enough to know there are exceptions to every policy," she said. "Instead of someone just saying, 'No we can't do that,' I ask them could you just double-check the regulation and make sure we are clear on this?"

Eldridge said that it that type of attitude that helps relieve the stress and tension of the students and allows them to focus.

"Without that, without Stephanie doing what Stephanie does so very well, and with such a caring attitude, we would have some major issues that would have to be dealt with," he said. "She allows us to train and educate those young men and women on what it means to be an Army chaplain."

Michael.Glasch@jackson.army.mil

NEWS

Cyberbullying a growing problem for children, teens

Spc. Lindsay A. Bishop

Directorate of Emergency Services

What is cyberbullying?

Cyberbullying is when a group of people sends, posts or generates sites about someone that contain death threats, hateful comments or other rude and unwanted sayings.

In the United States, 50 percent of kids are bullied and 10 percent are victims on a regular basis. About 32 percent of all teenagers who use the Internet say they have been targets of a range of annoying and potentially menacing online activities. Fifty-three percent admit to saying something about someone. On the other hand, 58 percent of the kids who have had something said about them in the United States have not reported it to their parents or a teacher.

Most people do not want to spend time in jail for something that could have been prevented. After someone spends time in jail, a record will follow him or her when applying for jobs. School suspensions can lead to a student having to repeat the grade or taking summer school. Eighty-one percent of teens said they think people cyberbully to be funny.

What is so funny about hurting someone's feelings or making them feel insecure?

Cyberbullying is often considered the most cowardly form of bullying. People hide behind the Internet, and since it is so hard to identify cyberbullies, these bullies do not fear punishment.

Here are some tips to protect against cyberbullies:

— Guard your home phone number, home address, e-mail and school name.

— Don't give out your cell phone number or instant messaging name.

If someone is already being harassed online, take these actions immediately:

— Tell a trusted adult — a teacher, parent, sibling, relative, etc.

— If being harassed, leave the area or stop the activity (ex. chat rooms, online gaming sites, instant messaging, Web cam ...)

— If being bullied through e-mail or instant messaging, block the sender's message. Never reply.

— Save all harassing messages received and forward them to your Internet service provider. Most providers use appropriate policies that restrict any user from harassing other subscribers on the Internet, which includes kids or teens.

— If the bullying includes any physical threats, tell the local police, do not try to handle it alone.

A computer is a privilege and should not be used to abuse other people in the cyber world. The computer should be used with moderation and not as a toy.

Cyberbullying continues to grow more and more each day. Hurtful things said about someone, can make that person feel horrible.

Remember every one can make a difference; so why not start today. When someone decides to cyberbully — he or she is abusing someone else. When it stops, that person is no longer a victim of abuse. Here are a few Web sites to learn more about cyberbullying: www.cyberbullying.org, www.stopcyberbullying.org or www.fightcrime.com/cyberbullying.

Army Family Covenant Update

ACS expanding teen employment services

Theresa O'Hagan

Morale, Welfare and Recreation

Summer will be here soon, and many teens will be looking for summer jobs. As a result of the Army Family Covenant, Army Community Services expanded its programs to provide employment assistance to teens.

Through a partnership with Youth Services, a Teen Job Readiness Center has been created at the Youth Center.

Starting in April, services are available to all young family members of military personnel and Department of Defense employees, including civil service, Nonappropriated Fund and Army and Air Force Exchange Service employees. "Teens as young as 12 and 13 years old are encouraged to participate," said Barbara Martin, Employee Readiness Program, ACS. "Even though younger teens are not able to get a job, they can do activities that will better prepare



them when they become of age to get a job."

The Teen Job Assistance Program has already held two teen employment workshops, leading up to the teen and college student job fair March 21, from 10 a.m. to noon at the Youth Center; more than 15 employers will be there accepting applications.

Through the Teen Job Assistance Center, teens will have access to a variety of resources.

The resource computer lab allows teens to conduct online job searches, create a resume and explore job readiness skills through the automated Career Launch program. The Career Launch program is a Boys & Girls Club initiative, which allows teens to explore careers, search for colleges and sources of financial assistance and build job skills.

The job readiness library contains employment, educational and volunteer information to include sample resumes, scholarship guides, employment Web sites and listings of volunteer opportunities.

A job-readiness counselor will be on-site Thursday af-

ternoons to help teens with their job assistance needs.

The job-readiness counselor will provide career exploration activities, prepare teens to conduct job searches, teach teens how to prepare for job fairs and conduct several other activities to help students prepare to enter the work force.

"The minimum hiring age for most jobs in South Carolina is 16-years-old, which limits a lot of job opportunities for the younger teens," Martin said. "The Youth Center has a year-round middle school and teen workforce preparation program. They hire 14-year-olds through seniors in high school."

There are a few additional jobs available in other Family and Morale, Welfare and Recreation agencies for teens as young as 15. Teens can call the NAF Human Resources Office at 751-4259 for a list of job opportunities.

"Teens are also encouraged to volunteer with the American Red Cross if they are too young to work. Volunteering looks great on a job application or when applying for scholarships," Martin said.

For more information on the program, call 751-6153 or 751-5256.



Today

Southern Style Lunch Buffet, from 11 a.m. to 2 p.m. at the Officers' Club. The buffet is open to everyone.

Visit **Century Lanes** for food, fun and bowling.

Friday

Play **Victory Bingo** and win prizes up to \$15,000. There are guaranteed \$50 payouts.

Dance to a variety of music provided by DJ Randall at **Magraders Club** from 9 p.m. to 3 a.m. The club is located in the back of Magraders Pub and the cover charge is \$3 for military and \$5 for civilians.

Artistic Expression with Jake begins at 6:30 p.m. at the Youth Center Teen Room.

Saturday

Step Team practice begins at 2 p.m. at

the Youth Center Dance Room.

The NCO Club presents **Classic Soul Saturday** from 9:30 p.m. to 2 a.m. in the Excalibur Room. The cover charge is \$3 for military and \$5 for civilians. Live broadcasts from the BIG DM 101.3 with giveaways are 9:30-11 p.m.

Enjoy **Blacklight Bowling** at Century Lanes, 9-11:30 p.m. Register to win a Wii. Get a strike when the green pin is in the head position and you could win up to \$100.

Sunday

Play **Victory Bingo** 12:30-4:30 p.m.

Come to **brunch** from 11 a.m. to 2 p.m. at the Officers' Club.

Family Day at the Youth Center will be held 2-6 p.m.

Monday

The NCO Club presents a **full lunch buffet**, featuring fried chicken or fish, fresh vegetables, a full salad bar, soup, assorted desserts and a beverage from 11 a.m. to 1:15 p.m. for \$7.

Participate in the **Wii tournament** at Magraders Pub. Practice time for the tennis competition is 5-6:30 p.m.; the tennis

competition will be held 6:30-8:30 p.m.

Tuesday

Movie Night begins at 6 p.m. at the Youth Center in the Teen Room.

Enjoy **free movies** every Tuesday at Magraders Pub.

Participate in the **Wii tournament** at Magraders Pub. Practice time for the bowling competition is 5-6:30 p.m.; the bowling competition will be held 6:30-8:30 p.m.

Wednesday

Be a sensation with **Karaoke** at **Magraders Club** at 7:30 p.m. Cover charge is \$3 for military and \$5 for civilians.

Planning a trip for spring break? Visit **Victory Travel** in the MG Robert B. Solomon Center for discounts to many Orlando destinations.

Ongoing Offers

- The **NCO Club lunch buffet** is served from 11 a.m. to 1:15 p.m., daily. The cost is \$7 for adults and \$3.75 for children.

- The **NCO Club breakfast** is served

6-9 a.m., Monday through Friday. The cost for adults is \$7 and \$3.75 for children 4-10 years old.

- The **NCO Club caters** to all your needs: dining in, dining out, promotions, breakfasts, meetings, birthdays, weddings, graduations, retirements and any other special occasion.

- The **Officers' Club specializes in catering** wedding receptions, anniversaries, promotions and other special occasions.

- Enjoy resort accommodations for two to six people for less than someone would pay for most hotels with the **Armed Forces Vacation Club**. For details of resort availability, call the reservation center at (800) 724-9988. Be sure to say you are a first-time Armed Forces Vacation Caller. A vacation counselor will take your enrollment and help you find an available resort. Fort Jackson is Installation No.164.

- **Child care** fees are based on total family income (not rank or grade). Care during duty hours is work-related, so fees are based on a family's ability to pay a fair share. Call 751-4865 for information.

COMMUNITY HIGHLIGHTS

This Week

Personal Financial Readiness

A class on personal financial readiness will be held 8:30-10:30, today at the Education Center, Room B302. For more information, call 751-5256/6325.

Parents Who Care (Teens)

A Parents Who Care (Teens) meeting will be held from 10 a.m. to 3 p.m., today at the Strom Thurmond Building, Room 229. For more information, call 751-5256/6325.

Professional Development Program

The Rocks, Inc. will present a lecture entitled "Leadership 101: Bringing Your 'A' Game" 11:30 a.m., Friday at the Officers' Club. The speaker is Col (Dr.) Barry L. Price. For more information, call 751-1898/5421.

St. Patrick's Day Golf Tournament

The second annual 171st Infantry Brigade St. Patrick's Day Golf Tournament will be held March 14 at the Fort Jackson Golf Club.

For more information and to register, call 751-7154/3301 or e-mail Patrick.Gadie@jackson.army.mil.

Consumer Rights and Obligations

A class on consumer rights and obligations will be held 8:30-10:30 a.m., Tuesday at the Education Center, Room B302. For more information, call 751-5256/6325.

Breastfeeding Support Group

The breastfeeding support group will meet from 10 a.m. to noon, Tuesday at the Strom Thurmond Building, Room 214. For more information, call 751-5256/6325.

Play Group/Kinder Gym

Play Group/Kinder Gym will meet 10:30-11:40 a.m., Tuesday at the Youth Services Gym. For more information, call 751-5256/6325.

EFMP Support Group

The Exceptional Family Member Program support group will meet 6-8 p.m., Tuesday at the Youth Center. A guest speaker from the South Carolina Autism Society will be present. For more information, call 751-5256/6325.

Financial Readiness for First Termers

A class on financial readiness for first-term Soldiers will be held from 8:30 a.m. to 4:30 p.m., Wednesday at the Education Center, Room B302. For more information, call 751-5256/6325.

Special Forces Recruiting

The Special Forces recruiting team will

hold briefings for interested Soldiers at noon and 2 p.m., Wednesday at the NCO Club's Liberty Lounge.

To learn more about Special Forces, call (910) 432-1818 or visit www.bragg.army.mil/specialforces/index.htm.

Upcoming

Financial Readiness for Initial PCS

A class on financial readiness for Soldiers, who PCS for the first time will be held 8:30-10:30 a.m., March 20 at the Education Center, Room B302. For more information, call 751-5256/6325.

Flamingo Women's Support Group

The Flamingo women's support group will meet from 11:30 a.m. to 1 p.m., March 20 at the Strom Thurmond Building, Room 214. For more information, call 751-5256/6325.

Teen/College Student Job Fair

A job fair for teens and college students will be held from 10 a.m. to noon, March 21 at the Youth Center. For more information, call 751-6153/5256.

Budget Development and Record Keeping

A class on developing a budget and on keeping records will be held 8:30-10:30 a.m. at the Education Center, Room B 303. For more information, call 751-5256/6325.

Home Buying

A class on home buying will be held 1:30-3:30 p.m., March 25 at the Education Center, Room B303. For more information, call 751-5256/6325.

EFMP Support Group

The Exceptional Family Member Program support group will meet 6-8 p.m., March 25 at the Youth Center. For more information, call 751-5256/6325.

Successful Interviewing

A class on successful interviewing will be held 9-11:30 a.m., March 26 at the Strom Thurmond Building, Room 213. For more information, call 751-6153/5452.

Reassignment Briefing

A reassignment briefing will be held 1:30 p.m., March 26 at the Strom Thurmond Building, Room 213.

The Phase II briefing (for overseas assignments only) will be held immediately following the Phase I briefing and is mandatory for all Soldiers scheduled to PCS overseas. For more information, call 751-5578.

Levy Briefing

A Levy Briefing will be held 2:30-3:30 p.m., March 26 at the Strom Thurmond

Homes and love needed



Photos by Kristen Marquez and Susanne Kappler

These animals at the Fort Jackson Veterinary Clinic need a home.

From left: Josie, loveable 1-year-old female mixed breed dog, 1-year-old female pinscher mix. For information on adoption, call 751-7160.

Building, Room 213. For more information, call 751-5256/6325.

Motorcycle Rally

A Safety Office sponsored Motorcycle Rally will be held March 28. It will include a one-hour class, a courtesy motorcycle and helmet inspection, local vendors and celebrities and a 17-mile ride around post. For more information, call 751-7553.

Babysitter Training

Babysitter training for 11-15 year olds will be held 11 a.m., March 28. The cost is \$20. For more information, call 751-4329.

Soldier and Vets Charity Golf Tournament

A charity golf tournament will be held 11 a.m., April 4 at the Fort Jackson Golf Club Wildcat course. Funds raised benefit the volunteer programs at Dorn VA Medical Center and the American Red Cross at Fort Jackson.

For more information or to register, call 736-3110 extension 3481.

Announcements

Reporting Abuse

Every Soldier and member of the military community should report information about known and suspected cases of spouse or child abuse to the reporting points of contact.

The military police have been designated for handling all reports of abuse and neglect, including those which occur in a Department of Defense sanctioned or operated activity. The 24-hour report line is 751-3113.

New Initiative for Transitioning Soldiers

A new service, ACAP Express, allows Soldiers to use the Internet to register for Army Career and Alumni Program services, schedule a wide range of classes and use online tools to create resumes and

cover letters.

Soldiers can use their AKO login to use <https://www.acapexpress.army.mil>.

ASE Examination

Automotive Service Excellence exams will be given to active duty and Reserve Soldiers May 8, 13 and 15 at the Education Center. The deadline for registration is Monday. To register, visit the Education Center, Room B101. For more information, call 751-5343.

Coleman Gym Weight Room Closure

The weight room at Coleman Gym will be closed Saturday until March 21 to allow installation of a sport rubber impact floor. The weight rooms at Perez Fitness Center, Vanguard Gym and Andy's Fitness Center will be open.

Motorcycle Safety Training

To ride a motorcycle on Fort Jackson, Soldiers and civilians are required to take the Basic Rider Course. Soldiers also need to attend the training to ride a motorcycle off post. The BRC is a two-day course offered weekly.

The Safety Office also offers an optional Experienced Rider Course. All classes are free. Soldiers and civilian employees will not be charged pass or leave to attend. Training is available to retirees and family members on a space available basis. For more information, call 751-RIDE (7433).

Phone Book Recycling

Old phone books are accepted for recycling at Fort Jackson Recycling Center until Saturday. For more information and to find other drop-off locations, visit www.KeepTheMidlandsBeautiful.org.

Operation Tribute to Freedom

Operation Tribute to Freedom is the Army's program to honor Soldiers and give them opportunities to share their stories with the American public. OTF is seeking Soldiers, who were deployed in Operations Iraqi Freedom and Enduring

COMMUNITY HIGHLIGHTS

MEDDAC employee of the year



Photo by Nichole Riley

Col. James A. Mundy, commander of Moncrief Army Community Hospital, presents the award for MEDDAC employee of the year to Josephine Williams. Williams is a food service worker leader in the Nutrition Care Division and has been employed at MACH since 1990.

Freedom and meet one of the following criteria:

- Soldiers who have recently returned from extended deployments.
- Soldiers who have occupations in engineering, medical or technical fields.
- Female Soldiers who are willing to participate in upcoming Women's History Month Celebrations.

— Soldiers who participate heavily in alternative sports, such as skateboarding, wakeboarding or BMX.

For more information, call 751-1742.

Requests for Welfare Donations

The Thrift Shop is accepting requests for welfare donations. All requests must be received by April 1. Any request must include the reason for need/welfare; the organization requesting the donation with a point of contact; phone number and address; description of how the donation will be used; description of how organization serves the greater Fort Jackson community. Send requests to: Fort Jackson Thrift Shop, Attn: Welfare Chairperson, P.O. Box 10094, Fort Jackson, SC 29207. For more information, call 787-2153.

ROA Offers Scholarships

The Reserve Officers Association offers \$500 merit-based scholarships for undergraduate and graduate study at accredited colleges and universities. Undergraduate scholarships are available to children and grandchildren of ROA members; graduate scholarships are available to ROA members. Application deadline for the 2008-2009 school year is April 10. ROA membership and scholarship applications are available online at <http://www.roa.org>. For more information, e-mail grallen@comcast.net.

Job Skills Training

The Army Community Service's Employment Readiness Office offers free training sessions on basic computer and Internet skills, Microsoft Word, Excel, PowerPoint, Access, Mavis Beacon typing tutorial, interviewing and more. For information on registering, call 751-5452.

Extreme Makeover: Home Edition

The producers of ABC's "Extreme Makeover: Home Edition" are looking for "real heroes," whose homes are in need of a makeover. The deadline for nominations is today.

For more information on eligibility and on how to nominate, visit <http://abc.com/p/rimetime/xtremehome/index?pn=apply>.

Casting Call

"It's only make believe," a new musical about the life of Conway Twitty, is holding auditions in Nashville April 8. For more information, visit www.conwaytwittymusical.com.

School

Adopt-a-School

Adopt-a-School is a program that encourages Soldiers to volunteer in local schools. Units or individual Soldiers may complete volunteer activities at schools on a one-time or a regular basis, with supervisor approval for use of mission time.

High performing units will earn awards quarterly.

For more information, visit online at http://fortjacksonmwr.com/school_liaison, call 751-6150 or e-mail ruth.russell@jackson.army.mil.

Recurring Meetings

Weekly

Walking Away Stress meets at 9 a.m., Mondays and Fridays at the pecan orchard near the post office on Early Street. For a walking log or more information, call 751-6325.

Play Group

A play group will be held 10-11:30 a.m., Mondays at 5953C Parker Lane. For more information, call 751-5256/6325.

Range Control Briefing is held at 1 p.m., Mondays and Fridays at the Education Center, Room 302. For more information, call 751-7171.

Civil Air Patrol meets at 7 p.m., Mondays at Owens Field and 7 p.m., Tuesdays at Columbia Metropolitan Airport. For more information, e-mail cc@scwg.cap.gov or visit online at www.scwg.cap.gov.

Helping Everyone Reach Optimum Strength meets 5-6 p.m., Tuesdays at Moncrief Army Community Hospital, seventh floor. It is open to combat veterans and their family members. For more information, call 751-2160/2183.

Medical Board Office is closed from 7:30 a.m. until 1 p.m., every Thursday. For information, call 751-0359/7152/7318.

Protestant Women of the Chapel meet Thursdays from 9:30 a.m. to 12:30 p.m. at the Main Post Chapel. Homeschoolers are welcome and evening studies are available. Free child care is available. For information, e-mail pwocjackson@yahoo.com.

Overseas Travel Clinic is held from 8:30 a.m. to noon, Fridays. For more information, call 751-5151.

Military Widows/Widowers Association meets at 2 p.m., Sundays at Moncrief Army Community Hospital, eighth floor. For more information, call 787-2469.

Monthly

Seabees meet at 7 p.m., the second Monday of the month at the West Metro Chamber of Commerce and Visitors Center. Call 755-7792 or 755-0300 for more information.

Fort Jackson Enlisted Spouses' Association meets at 6:30 p.m., the third Monday of each month at 5942E Thomas Court. For more information, call 665-4170 or e-mail esa2005ff@yahoo.com.

Sergeant Audie Murphy Club meets at 11:30 a.m., the first Tuesday of the month at the Post Conference Room, and is open to everyone.

Gastric Bypass Support Group meets at 6 p.m., the second Tuesday of the month in the Moncrief Army Community Hospital eighth floor day room. For more information, call 751-0392.

Disabled American Veterans meet at 6 p.m., the second Tuesday of the month at 511 Violet St., West Columbia. For information, call 796-7122.

Fleet Reserve Association Unit 202 meets at 1 p.m., the third Tuesday of the month at 2620 Lee Road. Call 482-4456 for information.

"Victory Riders" Motorcycle Club meets at 5 p.m., the first and third Thursdays of the month at Magruder's Club. For information, e-mail sec@fjvictoryriders.com.

Diabetes Support Group meets at 6 p.m., the last Thursday of the month in the Moncrief Army Community Hospital fourth floor dining facility. For information and to register, call 751-2501.

U.S. Navy Sea Cadets, for 11-18 year olds, meet the third weekend of the month. For information call 622-8707.

To submit a recurring meeting, e-mail the name of the group, when and where the meeting takes place and contact information to fjleader@jackson.army.mil.

SAT Practice

Free SAT practice testing will be offered from 9 a.m. to 1 p.m., Saturday at the Columbia Kaplan Center, 1717 Gervais St. A follow-up parent seminar

will be held 7-8 p.m., March 18 at the same location, at which time the test results will be available. For more information call (800) KAP-TEST (527-8378) or visit online at www.kaptest.com.

MARKIN

Gift from the City of Columbia would cost \$

Pat Jones

Deputy Public Affairs Officer

Lulu was at the top of the music charts with To Sir With Love.

The Beatles released their Sergeant Pepper's Lonely Hearts Club Band album.

The price of a new car averaged \$2,750.

Gasoline was 33 cents a gallon.

The curl was back in women's hair.

Men began wearing the Nehru jacket.

There were race riots in major cities, and across the country anti-war protesters were making themselves heard.

It was 1967 and amid the turmoil Fort Jackson celebrated its anniversary Nov. 11, Veterans Day. Not just any anniversary though, it was the golden anniversary — 50 — and the city of Columbia had plans to make it truly special.

The post and Columbia had a long history of respect, friendship and cooperation. The citizens of Columbia even donated the initial 1,200 acres to the federal government for the purpose of building the fort.

During the planning of the celebration, a group of citizens came up with an idea to commemorate the half-century of mutual respect and admiration.

According to an Oct. 12, 1967, news release from the Greater Columbia Chamber of Commerce, the chamber's task force committee, which was in charge of the ceremony for the fort, announced that a monument would be built to be given to Fort Jackson by the citizens of Columbia.

The plan originally called for the memorial to be dedicated the following year on Veterans Day. However, a series of unforeseen events, including various work stoppages in Italy where the monument was being crafted, delayed the presentation until Veterans Day 1970.

The plan called for a 12-foot, bronze statue of the installation's namesake, Andrew Jackson, to be erected at what was then the fort's main gate, Gate 1, for an estimated \$50,000-\$100,000. As the plans solidified,

the price settled at \$75,000. By the time the statue was actually on its base, additional site preparation escalated the cost to \$82,500. In today's dollars, that translates to more than \$500,000.

Funds for the memorial were raised through public donations, and contributors ranged from individuals to corporations. According to records at Fort Jackson's museum, one donation came with a note stating: "Please accept my small contribution toward the building fund of Gen. Andrew Jackson's monument. I am a new resident here, from Massachusetts, and I wish to add my name to the list of donors of this worthy cause."

Another person wrote, "The attached is sent in memory of my husband ... killed in Vietnam on 3 December 1967."

According to a Nov. 10, 1970, article in *The Columbia Record*, the idea for the statue belonged to Carter Hardwick, president of the Fort Jackson Memorial Foundation committee, who had been impressed by the statuary and memorial parks he saw while in Europe.

The committee then submitted the proposal to the Chamber of Commerce and the members voted to build the statue of Jackson, who was a South Carolina native.

The foundation engaged world-renowned sculptor Felix de Weldon to design and sculpt the statue, the fourth of his works located in South Carolina. Perhaps de Weldon's most famous work is the monument in Washington of the flag raising at Iwo Jima.

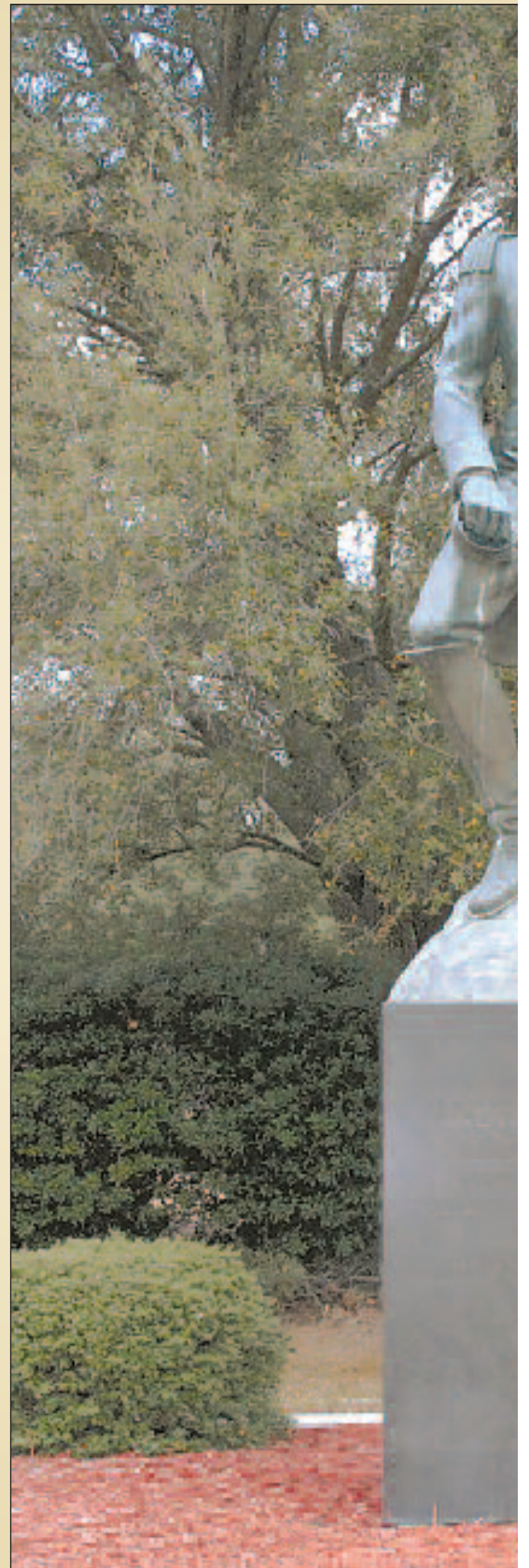
The base of the statue bears three inscriptions:

— "Andrew Jackson. Son of South Carolina. Hero of War of 1812. President of the United States. Whose name this post proudly bears."

— "Erected on the 50th Anniversary of Ft. Jackson. 1917-1967."

— "In appreciation of the glorious contribution Ft. Jackson has made, and is making, to the defense of our country."

To help prepare for the fort's centennial anniversary, a time capsule was placed in the monument to be opened Nov. 11, 2017.



Have a historical tidbit for us?

The *Leader* is always interested in historical stories and photos to use in its weekly Marking Time. Retirees, veterans and community members with an interesting fact, story, photo, artifact, etc. pertaining to Fort Jackson should e-mail fjleader@jackson.army.mil.

A statue of Andrew Jackson guards Fort Jackson sent from the City of Columbia, and its cost in to

NG TIME

500,000 today



Photo by Chris Rasmussen

Gate 1 entrance. The statue was a 50-year anniversary pre-
y's dollars would be more than \$500,000.

What we know as 'Fort Jackson' isn't the first one in America's history

Susanne Kappler
Leader Staff

The statue of Andrew Jackson, the seventh president of the United States, greets visitors entering Fort Jackson through Gate 1, leaving no doubt about the installation's namesake.

But the current Fort Jackson is not the first Army post to bear the name of the former commander in chief. In fact, Fort Jackson, S.C., is the third military installation named after him.

The first was Fort Jackson, Ala. Located near Wetumpka, Ala., and built on the ruins of the former French "Fort Toulouse," Jackson himself planned the construction of the fort, which was finished under the direction of Gen. Joseph Graham, who served in the "Army of the Carolinas."

It was there that the "Treaty of Fort Jackson" was implemented in 1814, which brought an end to the Creek War. Fort Jackson, Ala., was also the point from which Jackson embarked to fight the Battle of New Orleans Jan. 8, 1815, in which he defeated the British forces.

After his victory in New Orleans, Jackson built a fort 70 miles south of the city to protect the mouth of the Mississippi. Fort Jackson, La., gained importance during the Civil War as the site of the "Battle of Forts Jackson and St. Philip." The two forts were besieged by the Union Navy and fell in April 1862, which cleared the way for the ships to move north to New Orleans.

After that defeat, Fort Jackson, La., served as a Union prison and later as an Army training installation during World War I. Shortly thereafter, the fort was abandoned. The site is a National Historic landmark, but in recent years sustained heavy damage from hurricanes Katrina and Rita.

In 1916, as it became inevitable that the United States would enter World War I, the need for more military training camps arose. Maj. Douglas MacArthur announced May 17, 1917, that Columbia, S.C., was chosen as a site for one of the 16 cantonments to be constructed. The 6th National Army Cantonment was named "Camp Jackson" July 18, 1917.

Andrew Jackson was born in Waxhaw, S.C., March 15, 1767; and as a native son, the former president and general was a logical choice to be the namesake of what was to become the place where victory starts.

Susanne.Kappler1@us.army.mil



Drawing of Fort Toulouse, Ala., otherwise know as Fort Jackson.

HEALTH

MACH adds allergist to health care team

Nichole Riley
*Moncrief Army Community Hospital
Public Affairs Officer*

After at least six years without a resident allergist, Moncrief Army Community Hospital welcomes a new member to its team.

Maj. Soo Kim-Delio comes to Fort Jackson after spending 2 1/2 years in an allergy fellowship at Walter Reed Army Medical Center. She has been in the Army for eight years.

Natives of Florida, she and her husband of six years, Josh, were excited to get assigned to Fort Jackson. They have a 21-month-old son, whose name just happens to be Jackson.

“My husband and I call this his fort,” Kim-Delio said. “It’s hard to forget his name around here.”

Her mission is to primarily take care of Initial Entry Training Soldiers, but in between the allergist sees as many permanent party Soldiers and family members as possible.

The allergy clinic is a specialty clinic with a referral system including all of South Carolina. Patients are evaluated for



Maj. Soo Kim-Delio, right, performs a skin test on Capt. Jennifer Phifer, South Carolina National Guard, to determine what allergies she has.

allergic rhinitis (hay fever), asthma, sinusitis, hives, insect stings, fire ant allergy and drug allergy. There is currently no ap-

proved treatment for food allergies, so the goal is to educate those patients on how to deal with their food allergies.

Kim-Delio likes to see patients with more severe or extreme nasal allergies and eczema cases.

“Most allergies can and should be treated by their primary care manager,” she said. She went on to explain that most people think the pine pollen is the hardest to treat, but in reality the tree pollen is the culprit in the winter months.

“In the spring season it’s the grass, in the fall it’s the tree bark and in the summer it’s grasses,” she said.

Most patients with symptoms of asthma or allergic rhinitis can be treated initially by the referring doctor and are given a routine referral to the allergy clinic. Patients must have a referral to get an appointment with the allergy clinic.

Emergency treatment of asthma is available in the Urgent Care Clinic. Patients are seen on a referral and appointment basis for evaluation.

The allergy clinic is also home to the immunization clinic, which immunizes patients 4 years old and older. MACH does not currently have the shingles vaccine available.

For more information, call 751-0258.

Social workers’ achievements honored this month

National Association of Social Workers

Every person, family and community has strengths from which they can draw when times are difficult. Social workers can help build on those strengths.

The theme for this year’s National Social Work Month, “Building on Strengths: Help Starts Here,” focuses on the important strengths inherent in each individual, family and community. Understanding and using these strengths are essential to improving the emotional health and well-being of society.

“The foundation for the growth and change in any individual, family or community is existing strengths,” says

Elizabeth Clark, executive director of the National Association of Social Workers. “Social workers are trained from the ‘strengths perspective,’ emphasizing the assets and resources available, and using those assets to reach their goals.”

Strengthening people and providing support are priorities of the social work profession. Wherever there is a problem with an individual, family or community, social workers look for the inherent strengths that can be used as a starting point for further growth.

Social Work Month also provides an opportunity for social workers to highlight the role they play in alleviat-

ing some of America’s most difficult problems. Through education, training and dedication, social workers provide assistance in many different areas of practice including health, aging, mental health, child welfare, cancer, end of life, adolescent health, HIV/AIDS and family violence.

To find comprehensive information about the role of social work and where to go for assistance for these and other issues, visit www.HelpStartsHere.org.

For more information on how Moncrief Army Community Hospital’s Department of Behavioral Health is supporting National Social Work Month, call 751-5911 or e-mail Sonjia.Howard@amedd.army.mil.

Adult Preventive Health Services

Recommended tests for adults

Test	Age	Frequency
Blood Pressure (Hypertension)	18 and older	Every office visit or yearly
Cholesterol (Hyperlipidemia)	35 and older	Every five years if levels are normal
Mammogram (Breast cancer)	40 and older (women)	Every year
Pap Smear (Cervical cancer)	21 and older earlier if sexually active	Every one to three years
Chlamydia (Chllamydial infection)	25 or younger (women, if sexually active)	Yearly until age 26
Colonoscopy (Colon cancer)	50 and older	Every five to 10 years if normal
Stool Occult Blood (Colon cancer)	50 and older	Every year
Bone Mineral Density (Osteoporosis)	65 and older (women)	Periodically

National Social Work Month

In honor of National Social Work Month, the Department of Behavioral Health at MACH will hold a seminar March 20. It will feature speakers, icebreakers, prizes, food, fun and fellowship. The seminar will be held from 9 a.m. to 4 p.m. at Bayonet Chapel.

Medical Records

Medical records are the property of the U.S. government and must be turned in at the Medical Records Station upon enrolling at MACH. Call 751-2471 for a copy of records.

Health Talks

To have a professional staff member from MEDDAC address a group on health care subjects or preventive medicine wellness check, call the health promotion coordinator at 751-5035 or the Department of Quality Management at 751-2501.

Protecting our integrity

Chaplain (Capt.) Charles Barna
120th Reception Battalion

Proverbs 13:5-6 tells us, “The righteous hate lying, but the wicked act disgustingly and disgracefully. Righteousness guards people of integrity, but wickedness undermines the sinner.”

Titus 2:7-8 says, “Show yourself in all respects to be a model of good works, and in your teaching show integrity, dignity and sound speech that cannot be condemned, so that an opponent may be put to shame, having nothing evil to say about us.”

We have to remain on guard at all times. Remember that temptation hardly ever comes at us in an obvious attack, but most often in a secret and very deceptive ploy.

We must be on guard about temptation coming when we are at an emotional or physical low. When we are feeling lonely, discouraged, abandoned and dejected, it is very easy to reach out to someone or something to fill that emptiness or relieve that pain in our lives.

We cannot make good moral and ethical decisions under the pressure of temptation. We have to set clear boundaries and limits for ourselves in advance. We must make a deliberate decision about the way we will live our lives before temptation comes, then it will be easier for us to stick to a decision we have already made.

Let us fill our lives with good things and good people so there is less room for temptation. We are more prone to temptation when we are feeling empty and unfulfilled. To avoid that, we need to fill our lives with good things, meaningful activities and healthy relationships with positive people, so that temptation won’t be able to gain a toehold in our lives.

When we are tempted, we need to pray and ask God for help in protecting and maintaining our integrity. Let’s rely on God’s strength when we lack the strength within ourselves to resist temptation.

When we study and meditate on the scriptures, we will be armed and ready in advance against an attack on our integrity.

When we fail, we need to learn and grow from our failure. Let us not dwell on it, but instead, put our failures behind us, stop sinning and straying and walk in a new direction.

Holy Week Worship Services
Holy Week worship services will be held from noon to 1 p.m., Monday through Friday at the Main Post Chapel. Lunch to go will be provided. For more information, call 751-6469.

The Living Last Supper
“The Living Last Supper” will be presented 3 p.m., Sunday at the Main Post Chapel.

Worship services

- Protestant**
- Sunday 8 a.m. and 10:45 a.m. Daniel Circle Chapel (Gospel)
8 a.m. Bayonet Chapel (Hispanic)
9:00 and 10:30 a.m. Magruder Chapel
9:30 a.m. Main Post Chapel
10:45 a.m. Post-wide Sunday School (Post Chapel)
11 a.m. Daniel Circle Chapel
11 a.m. Memorial Chapel
11 a.m. Chapel Next
Chaplain School
 - Wednesday 7 p.m. Gospel Mid-week Service Daniel Circle Chapel
- PROTESTANT BIBLE STUDY**
- Monday 7 p.m. Women’s Bible Study (PWOC - Post Chapel, Class 209)
 - Wednesday 7 p.m. Anderson Street Chapel
7 p.m. Daniel Circle Chapel
7 p.m. Gospel Congregation’s Youth (Daniel Circle Chapel)
 - Thursday 9:30 a.m.-12:30 p.m. Women’s Bible Study (PWOC, Post Chapel)
6 p.m. Neighborhood CMF/OCF Bible Study (Call 790-4699)
7 p.m. LDS Bible Study (Anderson Chapel)
 - Saturday 8 a.m. Men’s Prayer Breakfast (Post Chapel, every second Saturday of the month in Chapel Fellowship Hall)

PROTESTANT YOUTH OF THE CHAPEL
■ Sunday 5 p.m. Daniel Circle Chapel (1st & 3rd Sundays)
■ Wednesday 6:30 p.m. Main Post Chapel

Lutheran/Episcopalian

- Sunday 8 a.m. Memorial Chapel

Islamic

- Sunday 8-10 a.m. Islamic Studies
- Friday 12:30-1:45 p.m. Jumah Services (both — Main Post Chapel)

Church of Christ

- Sunday 11:30 a.m. Anderson Chapel

Catholic

- M-F 11:30 a.m. Mass (Post Chapel)
- Sunday 8 a.m. Mass (Solomon Center)
11 a.m. Mass (Main Post Chapel)
9:30 a.m. Mass (120th AG Battalion Chapel)
9:30 a.m. CCD (Education Center)
9:30 a.m. Adult Sunday School
12:30 a.m. Catholic Youth Ministry
- Wednesday 7 p.m. Rosary
7:30 p.m. RCIA/Adult Inquiry

Jewish

- Sunday 9:30-10:30 a.m. Memorial Chapel
10:30-11:30 a.m. Jewish Book Study (Post Conference Room)

Latter Day Saints

- Sunday 9:30-11 a.m. Anderson St. Chapel

Addresses, phone numbers

Daniel Circle Chapel — 3359 Daniel Circle, Corner of Jackson Blvd., 751-4216
Main Post Chapel — 4580 Strom Thurmond Blvd., corner of Scales Ave., 751-6469
Bayonet Chapel — 9476 Kemper St., 751-4542
Family Life Chaplain - 4850 Strom Thurmond Blvd. (inside of Main Post Chapel), 751-5780
Anderson St. Chapel — 2335 Anderson St., Corner of Jackson Blvd., 751-7032
Education Center — 4581 Scales Ave.
Magruder Chapel — 4360 Magruder Ave., 751-3883
120th Rec. Bn. Chapel — 1895 Washington St., 751-5086
Memorial Chapel — 4470 Jackson Blvd., 751-7324

PWOC Spring Retreat

Protestant Women of the Chapel will hold a spring retreat April 18-19 at Weston Lake Recreational Center. Registration is required by March 20. For more information and to register, call 233-6809 or e-mail leyr@hotmail.com.



The following are incidents compiled from reports, complaints or information received from the Fort Jackson Provost Marshal Office.

The incidents reflected are not an adjudication attesting to the guilt or innocence of any person and are provided for informational and reflective purposes only.

Lt. Col. Greg Vibber
Director, Emergency Services/Provost Marshal
Sgt. Maj. Allen Taylor Jr.
Provost Sergeant Major
Billy Forrester
Fire Chief

Cases of the Week

A civilian was banned from Fort Jackson for five years and was issued two tickets for **drunken driving** after failing three sobriety tests. The driver stopped at Gate 1 to ask for directions. Military Police said they detected a strong alcohol odor. After failing the sobriety tests, the driver refused to give a breath test.

An **altercation** between a Soldier and a drill sergeant was reported to authorities. The Soldier attempted to strike the drill sergeant, but another drill sergeant intervened

and detained the Soldier until MPs arrived, according to authorities. The Soldier was transported to Moncrief Army Community Hospital for psychological evaluation.

Tip of the Week

The speed limit when approaching or passing a troop formation from either the front or rear is 10 mph. Three or more Soldiers are considered a troop formation, regardless of the formation type.

Motorists must not jeopardize the safety of troop formations. If the vehicle operator cannot safely pass a formation, the vehicle operator must stop and await directions from the person in charge of the formation.

No motor vehicles, other than law enforcement and emergency response vehicles in the performance of their duties, are permitted to enter a designated run route that is closed for physical training.

Members of the marching unit must not march across the yellow double line. Marching units must ensure that all members of the formation, including cadre and cadence callers, fit within the lane of travel.

crimestoppers
1-888-559-TIPS
www.midlandscrimestoppers.com

FORCE PROTECTION THOUGHT OF THE WEEK

R.A.M.P.

RANDOM ANTITERRORISM MEASURES PROGRAM



ADDITIONAL SECURITY MEASURES EMPLOYED TO INCREASE SECURITY, CHANGE THE LOOK OF THE INSTALLATION SECURITY POSTURE, AND AVOID PREDICTABILITY

LEGAL

Every patient benefits from health care POAs

Part 1 of 2: How powers of attorney and advance medical directives help patients

Capt. Richard L. Donaldson
Legal Assistance Attorney

April 16 is National Health Care Directives day. It is a good occasion to ensure that family members know exactly what to do in case a loved one is unable to make decisions on his or her own. The right legal documents are necessary to fulfill those wishes. Such documents include powers of attorney and advance medical directives, sometimes referred to as living wills.

Power of attorney

A power of attorney is a written instrument, which allows the “principal” to authorize an “agent” (or “attorney-in-fact”) to conduct certain business on the principal’s behalf. It is one of the strongest legal documents someone can give to another person. There are two types of POA; “general” and “special” (or limited).

A general POA gives the agent the authority to do most things the principal could do himself, such as write checks and pay bills, borrow money and sign contracts in the principal’s name. The agent cannot perform certain actions, which require the principal’s personal attention, such as taking an oath. General POAs may not be accepted for the performance of certain acts, such as cashing government checks or conducting real estate transactions.

A special POA limits the agent’s authority to act only on certain matters.

A POA is generally valid as long as the principal retains the ability to make decisions of legal significance. Should the principal become incapacitated or disabled to such an extent that he or she cannot make legally significant decisions, a POA will terminate.

A “durable” POA is expressly designed to survive such a period of incapacity or disability. A “springing” POA is designed to become effective only upon such an incapacity or disability.

Every act performed by the agent within the authority of the POA is legally binding upon the principal. Since a POA is such a powerful document, it should only be given to a trustworthy person, and only when absolutely necessary.

Living will and advance medical directive

“Living wills” are not actually “wills” at all. A “living will” is a type of advance medical directive.

An AMD is a document a person creates while healthy. It expresses the person’s wishes concerning the medical treatment he or she wants to receive in the event of being incapable of making such a decision, usually concerning the application of life-sustaining procedures and treatment in certain circumstances.

Every adult in the United States has the legal right to consent to or refuse medical treatment under the Patient Self-Determination Act of 1990.

All medical facilities receiving Medicare or Medicaid benefits must tell their patients about this law. Making one’s wishes known about the treatment one would want when incapacitated can be very helpful to doctors and to the patient’s family.

In South Carolina, such a “living will” is referred to as a “declaration of a desire for a natural death.” This document specifically declares an intention and desire to receive no life-sustaining treatment, or to have such treatment removed, should a patient be diagnosed with either a terminal illness or persistent vegetative state. Either condition is required to be certified by two physicians

Operation Hours

Fort Jackson’s Legal Assistance Office is located in the Office of the Staff Judge Advocate, 9475 Kershaw Road, and is open from 9 a.m. to 4 p.m., Mondays through Thursdays. Appointments can be made by calling 751-4287.

The office accepts walk-ins for living wills, health care powers of attorney and durable powers of attorney, 1:30-3:30 p.m, Tuesdays and Thursdays.

Walk-ins are welcome for general legal questions and are accepted 9-11 a.m., Thursdays.

who have personally examined the patient.

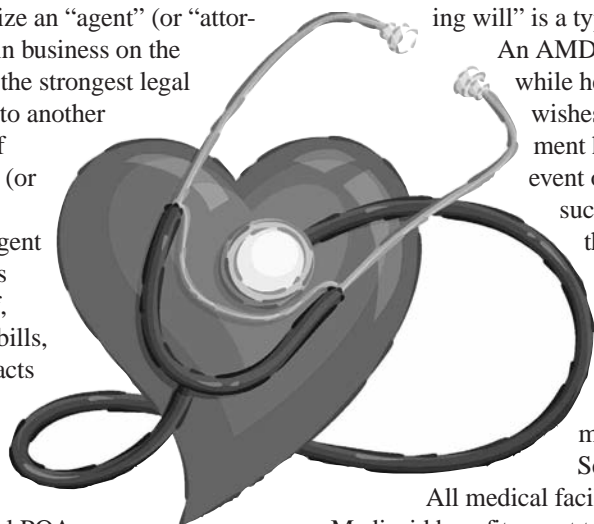
“Life-sustaining procedures” usually means any medical procedure or intervention, which only serves to prolong the dying process. “Terminally ill” usually means an incurable or irreversible condition with no possibility of recovery.

In addition, this document will inform health care providers regarding a person’s wishes for artificial sources of nutrition and hydration in these same circumstances.

This document can be revoked any time. This can be done by telling someone, revoking it in writing, or by destroying the document. It is a good idea to let one’s doctor, family and anyone who has a copy of it know that the document was destroyed.

Since it is impossible to predict every possible contingency in an AMD, having both a living will and a “health care power of attorney” ensures the ability to handle other kinds of disability or gray-area cases, which are not related to a terminal illness; or cases of a doctor or state law failing to give the patient’s wishes due weight.

Editor’s note: This article is the first part of a two-part series on health care directives. Part two will be published in next week’s Leader and will discuss “health care powers of attorney.”



SPORTS/FITNESS

Do my abs look like a six-pack or a keg?

COMMENTARY

Maj. Thomas Hundley
Moncrief Army Community Hospital

Let me tell you a story: An officer walks up to a female Soldier whom he has not seen in three years. He quickly notices that she has put on a few pounds since their last meeting. He especially noticed that the abdominal area of her ACUs had a noticeably rounded bulge. After exchanging pleasant greetings, the officer states, "Congratulations on your pregnancy. When is your baby due?"

With a big frown and a lot of attitude, the female Soldier replies, "I am not pregnant, sir." Now that story would make a good Southwest Airlines commercial. That qualifies the officer for one of those, "Do you want to get away?" moments.

Once again, you have stumbled across an article that asks a question with an obvious answer. It is easy to point out the men and women who look like they are all auditioning for Santa Claus. But, before I go on, I just want you to know that this article is not intended to offend anyone. Its purpose is to inform and educate all readers on an easy plan to end the curse of the beer belly.

I shall write the necessary steps to aid

you in losing your excess belly fat. I will not promise you a six-pack of abs, but I can guarantee you a flatter stomach. Will it take some work? Of course it will. For some people, losing belly fat can be tougher than a gas station hot dog. But, if you take the following steps, you will see constant and improving results.

Lose the Booze
They don't call it a beer belly for nothing! Your first step is to change those habits which caused you to develop that abdominal inner tube.

Cut down on alcohol and you will have a much easier time to get rid of your beer belly.

For those who are not familiar with Mr. Corona, Mr. Samuel Adams, and Mr. Budweiser, then you will have to change your other habit (refer to the next step). But if you have been best friends with the aforementioned party animals, then this tip's for you.

Lay the Fried to the Side
There is nothing better than the taste of a piece of fried chicken on a hot summer's day, on a cool spring afternoon, on a cold winter night ... OK, fried chicken is just downright good at any given time and on any given day. But if you want to flatten your stomach, you will have to cut down

on the fried foods, the fast foods and the processed foods. Try to substitute those fried foods for more grilled and baked dishes. If you eat fresh food, a lot of vegetables, fruit, lean meat and complex carbs, like brown rice, your body will have a much easier time using those calories in your body's metabolic process.

I'm not telling you to give up fried chicken altogether (I am not even willing to do that). But for now, you must lay the fried to the side.

Put Some Ants in Your Pants
Right now you need a little motivation to get you actively moving. Even a small amount of exercise can do wonders for your body and your overall health. Start slow and gradually build up your activity levels.

If you have been inactive for a while, I recommend you start walking in the mornings, play a sport, participate in an aerobics class or take some dance lessons. You need to do some form of exercise to accelerate the fat burning process.

I am not advising you to go run a marathon, but I do recommend you get up



Maj. Thomas Hundley

and get active. It is time to put some pep in your step and some glide in your stride.

Learn How to Burn
Please don't be fooled into thinking that you can just do 1,000 situps or crunches and your belly fat will disappear. Not going to happen.

You may begin to strengthen your "six-pack," and your core muscle group, but neither you nor anyone else will ever see your results because your "keg" will still be in the way. The key to getting rid of that gut is to lower your overall body fat.

The best way to accomplish this is through complete strength and cardiovascular workouts. I encourage you to become more educated on fitness and diet issues. Once you know the right things to do, it'll be much easier for you to succeed.

My final advice is for you to eat more meals, but make them smaller. This will keep your metabolism burning like an old country fire. These recommendations should have you on your way to a flatter belly before the Fort Jackson Palmetto Falls Water Park drop its first cup of chlorine. It's time to send Santa Claus into hibernation. Let's face it, the only way to garner attention sporting a gut is if you are wearing a red velvet suit and carrying a bag of presents. Ho! Ho! Ho!

Sports Briefs

Golf

Letters of intent and team members (and handicaps) for intramural and recreation golf are due to the Sports Office by 2 p.m., Tuesday. Captain's meeting will be held 5 p.m., March 27 at the Golf Course Club House. For more information, call 751-3096.

Volleyball

Letters of intent for intramural and recreation volleyball are due to the Sports Office by Tuesday. Season begins the second or third week of April. For more information, call 751-3096.

Ultimate Frisbee

Letters of intent for ultimate frisbee are due to the Sports Office by March 26. Each team may have up to 12 members. There will be a military competition April 7-9 and a tournament April 12-13. For more information, call 751-3096.

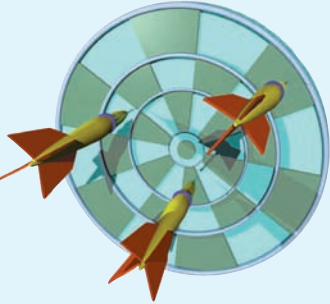
Olympic Skills Competition

The Boys and Girls Club of Fort Jackson is hosting an Olympic Skills Competition March 27-28. Basketball will be held 10 a.m., March 27, while tennis begins at 1 p.m. Soccer will be held at 10 a.m., March 28, while Track and Field would begin at 1 p.m. All events take place at the Youth Center. Parents must sign a release for youth to participate. For more information, call 751-5040.

2008 Intramural and Recreation Darts Standings

Results of March 6 event
Sharp Shooters — 23 points
MEDDAC — 16 points
3-13 — 16 points
1st CivDiv — 13 points
2-13 — 11 points (BYE March 6)
No Mercy — 11 points
1-34 — 10 points
187th — 10 points
TSB — 10 points

Forfeits to date
TSB — Jan. 31
No Mercy — Feb. 7
2-13 — Feb. 14



**For youth sports, call 751-5610/5040;
For golf information, call 787-4437/4344;
For sports information, call 751-3096.**

Basketball Games

All basketball games will be played at Vanguard Gym until March 31.

Post intramural basketball standings*

Monday/Wednesday League

SCARNG	11-2
3-13	11-2
245th	7-5
187th	6-6
2-39	5-7
MPs	3-7
175th	3-8
MEDDAC	2-11



Tuesday/Thursday League

Post Laundry	11-1
Niteflyte	10-3
1-13	7-5
VSB	6-6
120th	5-6
SSI	5-6
TFM	5-6
742nd Maint.	3-9
2-13	0-10

* Standings as of March 12.

CLASSIFIEDS

100 Announcements

For Rent: Beautiful covered space for motor home, camping trailer or 12' wide mobile home. It has a 12x50 covered porch. Very private w/lots of shade trees. Not a mobile home park. 15 minutes from Fort Jackson. Call 735-0657.

Notice for Bid Youth Gymnastics Instructor Fort Jackson Child and Youth Services is soliciting for the following service: Gymnastics Instructor for Child and Youth Services SKIES Program. Interested parties should contact Amber Sasso at 270-798-6891 by 28 March 2008 for further information.

The FRA (Fleet Reserve Association) Branch and Unit 202 meets monthly at the Naval Reserve Center, 2620 Lee Rd., Fort Jackson at 1:00 p.m. the 3rd Tuesday of each month. Ladies Auxiliary meets at same time. Ron or Fran, 803-482-4456.

United States Submarine Veterans, Inc. will meet the 3rd Tuesday of every month at 1900. Meetings will be held at The Crab Shack, in the Old Mill Building on US 1, 711 E. Main Street. Contact Ron Friend, 803-786-5757.

VFW Post 641, 534 S. Beltline Blvd., Columbia, is sponsoring our monthly Friendship Karaoke Birthday Dinner March 29 at 7:00 p.m.. R&L Backyard Karaoke. All veterans, families and friends are always welcome. 803-782-5943.

VFW Post 641, 534 S. Beltline Blvd., Columbia, will be sponsoring a St. Patrick's Day Party, 7p.m., Friday, March 14. Corned Beef and Cabbage and the Jeff Crider Band. All veterans, families and friends are always welcome. 803-782-5943.

101 Child Care

Head of the Class Academy has full-time openings for children 6 wks.-5 yrs. Come join us and have fun while you learn. Developmental age appropriate activities and nutritious meals. We provide an affordable, safe, nurturing, and caring environment. Call 783-8929.

Registered Day Care Home for 15 years. Part time morning hours and overnight care available. NE Area. Call 699-5710.

106 Yard Sale

HUGE Multi-Family Yard Sale. Faison Ct., Fort Jackson, Saturday, March 15, 8 a.m.-2 p.m. Plants, toys, clothing, accessories, office/craft/garden supplies, Army equipment, car accessories, furniture, appliances, home decor and more.

108 Roommate Wanted

10 minutes to Fort, 5 miles to VA Hospital.. Month-to-month lease. Retired Male vet wants neat/quiet, non-smoker to share home off Leesburg Rd./Garners Ferry. Furnished room w/micro, fridge, W/D. \$350/month, \$300/security. Free utilities. 776-9549, lv.name/number. "DISCOUNT ARRANGED for Commuter/Handyman"..

Roommate wanted in Columbia, 10 min. from USC: 3 Bedrooms, 2 Baths, 1/2 acre fenced-in yard. Own Room, Own Bath. \$500 per month. Call 803-466-1520 for more details.

Senior Citizen has Room for rent in the Northeast Area. \$400/month plus share utilities. Kitchen and laundry available to share. Telephone and cable provided. For more information call 803-708-2171.

Upstairs for rent: Large Bedroom, private bath and den with TV. Rent \$450 per month plus security deposit. Share utilities and kitchen. Non-smoker. No pets. Available April 1st. Call Barbara, 803-665-5088.

200 Help Wanted

Call Me Today, Start Tomorrow! If you can work 9a.m.-4:30p.m., Mon.-Fri. in Cayce You Have a Job! Earn \$11.00-\$22.00 per hr. No expericnce needed. Will train right person. 791-1529.

Experienced Barbers/Stylists needed immediately. Competitive salary. Crew Cuts, 4435 Hardscrabble Rd., across from Sonic. Call (803) 673-2661.

Hearing/Audiology Technician FT with benefits to work in a busy Columbia ENT Office. Experience helpful. Must be a self-motivated person with excellent time management skills. Able to accommodate all ages of patients. Organized, dependable and good administrative qualities. Please fax resume to Audiology Dept., 803-799-4624.

Need Extra Income? Cleaning Services needed for a business. Flexible Hours. Supplies Furnished. Please call Carolina Gymnastics Center, 788-2808.

300 Services

Do you need professional lawn service? Then call Mr."B" at 803-413-7725. Great rates/free estimates.

500 Pets

AKC Boxer Puppies. Taking deposits now. Ready March 17. Parents on site. Dewormed and DA2PPV @ 6 and 8 weeks. 2 Brindle Males, \$400. 3 Brindle Females/1 Fawn Male, \$425. 1 Fawn Female, \$450. Call (319) 594-3839 or (515) 991-8802.

AKC Rottweiler pups, males and females, 6 weeks old, wormed and first shots, \$250 Firm. Please call (803) 308-3352.

American Pit Bull Puppies for sale! These are purebred blue pit bulls. We have two females and one male. Puppies are 4 weeks old and very healthy. Both parents are UKC registered. Please call 803-727-0918.

Energetic Female JR Terrier, 8 months, all shots up to date, \$200. Moving out of state. Igloo house and crate for sale, too. Make offer. 803-553-7866

Free 4 month old Puppy to Good Home Only. Pitt/Mastiff mix. All shots up to date and very playful. Please call Susan @ 803-787-9817 to schedule an interview to ensure she gets to a Good Home.

German Shepherd/Lab mix, 2 years old. FREE to Good Home. Spayed, HomeAgain chipped, up to date shots and house trained. Friendly and great with kids. Please call 931-801-7090.

Large Dog Igloo House, never used. New \$105, asking \$75. 803-794-0407 or 803-318-7148.

Part Bloodhound, part Pit Bull: Very friendly dog. Good with kids. Just needs more space to run around. Call 803-787-4764.

Siberian Husky Puppies, CKC Reg., red-white. Blue eyes. Asking \$350. Call Brigitte, 865-2698.

600 Appliances

Bosch Island/under counter dishwasher, stainless steel inside/out, 2 yrs. old, \$600. White Bosch Intelligent Refrigerator, 2 yrs. old. Call to view or offer price, 803-565-0363.

Gas/Electric Dryer, great condition, \$75. Call 586-1612

Kenmore 19.2 cu.ft. Upright Freezer, Power miser. Rated as "Kenmore Premium Quality". Almond color, 4 shelves, 4 door shelves and storage basket. Excellent condition, ready to pick up, \$220. Call Norm, 776-3689, Columbia.

600 Appliances

Kenmore Upright Freezer, Model# 253.9269010, \$150 OBO. Call Chris, 803-338-3064.

Moving In Sale: Tag sale, Saturday, 8 Mar, 0800, 112 Belleclave Rd. Changing out Kitchen Appliances: 5 month old top-of-the-line Sears Kenmore Dishwasher (warranty included). 2 year old KitchenAid slide-in stove w/microwave. 2 year old 6-8 person Hot Tub. 699-0224.

Washer and Dryer for sale. Washer is "Heavy Duty, Super Capacity" Frigidaire Gallery and Dryer is by Hotpoint. Both work. \$150 for both. 803-374-0454

White Kitchen Appliances 4 Sale, less than 5 years old: Kenmore Elite 26" Side-by-Side Fridge. Kenmore Ultra-bake, self-cleaning, super capacity smooth top range. Kenmore Ultra Wash Dishwasher, \$800 OBO. All manuals included. Contact Sharon R. Blake @ 803-397-7779.

601 Electronics

20" Sharp TV, 2 years old, excellent condition, \$80 OBO. Call Liz, 813-943-2775.

27" Sony TV, \$250 (new \$550). Excellent condition and picture quality. Numerous component hookups in rear. Frontal component hookup-video in. Cable and Satellite ready. Custom stand included (\$140). Call Jim Bazemore, 736-2155 9a.m.-9p.m.

32" Sony TV, \$295 (New \$1200). Excellent condition and picture quality. Dual tuner w/picture-in-picture. Surround capable sound. Frontal component hookup for video in, numerous component hookups in rear. Cable and/or Satellite ready. Custom stand included (\$140). Call Jim, 736-2155, 9a.m.-9p.m.

Big screen TV stand with two glass shelves, gray/silver in color and can be used in a corner or along a wall. Bought from Sears one year ago. Lists for \$300. Asking \$100 cash. Call 803-917-0797.

Dell Computer monitor, \$20 OBO. Gateway Computer monitor, \$10 OBO. Both for \$25. Call 803-447-3511

Infinity Tower Speakers, \$50. Infinity Surround Sound: Woofer and 2 speakers, \$50. Direcway 6000 Satellite Internet: Modem & Dish, \$300. All items in excellent working condition. Please call Brent or Yvette at 776-2248.

iPOD Nano, like new, 1 yr. old, only \$80. Panasonic Camcorder, like new, Great Deal, \$110. Call Kim, 803-546-4109.

601 Electronics

Kenwood KAC 7052 Car Stereo Amplifier, like new, max output 920W. \$250 OBO. Call 803-408-8667 or 706-773-7990 (c).

Microsoft Wireless Laser Desktop 4000, new, still in box. Includes Comfort Curve keyboard, high definition laser mouse as well as documentation, software and batteries, \$50. Call 776-3689 in Columbia.

602 Furniture

7 piece Louis Phillippe Bedroom Set, \$895. Living and Dining Room Furniture, 50%-70% off retail. Financing Available. Can Deliver. Call 803-319-8043.

Ashley Furniture Entertainment Center, Matching TV Stand Free, like new, \$700 OBO. Must See. Call 865-1932, ask for Kyle. Can email pics!

Brand New Mattress Sets: Still in plastic, Queen set starting at \$180. King set, \$425. Full and twin sizes also available. Can Deliver. 803-319-8043.

Computer Desk for sale, \$35. Must have a large area to put it in. (H)803-699-9897 or (C)803-603-8310.

Entertainment Center, \$25. Computer Desk, \$15. Sleeper Sofa, \$25. End tables, \$20. Crib bed, \$25. Toddler bed, \$15. Chest of drawers, \$20. Encyclopedias, \$20. (864) 497-3558.

Futon Bed, dark wood and metal, \$60. 803-234-7569

Loveseat and sleeper sofa, large print, pastels on beige, extra zip-on covers for seat cushions, \$345. 803-695-0453.

New Ralph Lauren brown leather sofa, \$2100. 70% off retail. Moving, Must Sell. Must See. Beautiful. Call 803-477-1002

Solid Oak 3 piece Sectional Wall Unit. Center unit with glass doors and lighted. Originally paid \$1600. Will sell for \$500 OBO. Call 803-603-3129.

White Formica Kitchen Table, very sturdy, \$25. VHS cabinet, wooden with doors, \$20. Wooden vanity stool with compartment in seat, \$35. Twin bed with mattress, wooden frame, \$100. All OBO. Call 803-233-1428, evenings best. Please leave message.

603 Miscellaneous for Sale

05 John Deere Gator 4x2 TS. Like new with canopy cover, front bumper and brush guard. Less than 10 hrs. on motor. Polar HD trailer also available, \$5200. 803-794-0407 or 803-318-7148.

603 Miscellaneous for Sale

20 cu.ft. Polar HD Trailer for ATV or lawn tractor. New condition with tilt, swivel and dump features, \$300. 16' Open Trailer, double axle with electric brakes, excellent condition, rarely used, \$1500. 803-794-0407 or 803-318-7148.

20,000+ sports cards for sale. Football, Baseball, Basketball and Hockey. Graded cards, Rookies and commons. \$500. Call Rod, 803-783-8806.

2001 Eddie Bauer Expedition original chrome rims and tires P275/6017, 5 lug pattern. Excellent tread wear left, \$450 OBO. Call 803-408-8667 or 706-773-7990 (c).

21" Murray 4.5 HP Lawn Mower, rear bagging, starts on first pull, \$35. Black & Decker electric Leaf Blower/Vac (Leaf Hog), \$20. Call Chris, 803-338-3064

3 person Hot Tub, 110 or 220 volt. Steps and cover included, \$650. You move. 803-413-5725

5x10 Cargo Craft Enclosed Trailer, black, with ramp door and stone guard on the front, \$1750 OBO. Call 803-447-3511

Adidas & Nike Soccer Cleats, excellent condition, size kids 10M, 11 & 12 1/2, \$10 each. Call 803-439-1349.

"Bob the Builder" Tool Bench for child, like new, \$12. 803-374-0454.

Cell Phones: Alltel LX Camera Phone, model # LX5450, \$25. Alltel LG model # VX3200, \$20. 803-427-3534.

COINS BRILLIANT: U.S. SILVER EAGLES, new, one ounce Dollars, Complete set from 1986 through 2008. \$435. 2008 Dollar, \$23 each. Call Columbia, 803-776-4732.

Four 16" Honda Wheels, 5 hole bolt pattern, will fit most late model Hondas, Toyotas and Nissans. Wheels have normal wear but are in very good condition. Will sell all four for \$200. Contact Mark at (803) 261-2811.

Graco Infant to Youth Highchair, 2 trays, 3 heights, 6 reclines, great condition, \$40. Fisher Price Monitor Set, \$10. Call 803-439-1349.

Hewlett Packard (HP) All-in-one Color LaserJet Printer, model 2840. Print, copy, scan and fax. Excellent condition and quality, fairly new. Asking \$400. Call Angela at 629-8091.

Jack LaLanne's Power Juicer, never used. Still in box and original wrap. \$100 Firm. Call Donna, 955-9127.

Jogging Stroller by InStep, excellent condition, barely used, only 2 years old, \$40. (Costs over \$100 new). 803-374-0454.

603 Miscellaneous for Sale

King Cobra Golf Clubs, Graphite SS models. 4-SW w/60° Mizuno LW. Taylormade 580 driver w/8.5 loft, TM 360 3 wood, \$500. Like new Proform Crosswalk Treadmill, low miles, \$250. 803-565-0363

Kodak Easyshare Printer dock plus, accepts DX6000/7000 or LS600/700 series camera, w/3 extra ink cartridges, lots of photo paper. 803-565-0363.

Pickup Camper Top, fits short bed, fiberglass, sliding glass windows, good condition. Call 803-783-0451.

Rims with covers, originals, Toyota Camry, \$60 OBO. 803-234-7569.

Tickets for Sale: A 2 ticket package to the 2008 NCAA Division 1 Men's Basketball Championship, East Regional (Sweet Sixteen), Charlotte Bobcat Arena, Charlotte, NC, 27 and 29 March. Total cost \$284. Phone (803) 788-0718.

700 Retail for Rent

For Lease by Owner: One block off US#1, NE Columbia. 1 1/2 acre commercial space with small clean house. Could be used as home base or office with access to I-20, I-77 and US#1. Call 803-269-2523 (cell) or 803-788-7528 (Home).

701 Duplex for Rent

One side of duplex for rent. 910 sq.ft., 2BR, 2BA, washer/dryer hookups and wood burning fireplace. Close to Fort and Columbia Mall off Decker Blvd. \$575/mo. plus \$575 deposit. Ap. fee and credit check fee apply. William, 788-2644, M-F, 9:30-6:00.

702 Houses for Rent

10 minutes from Ft. Jackson: 2BR, 1BA, \$600/month and 3BR, 1 full and 2 half baths, \$950/month. Both have hardwoods, laundry room and appliances. Call J.T. at 803-348-6289.

15 minutes from F.J. Richland 2 Schools. 3BR/2BA, 2 car garage. 2.5 years old. Large open floorplan. \$1050 + deposit. Military Discount. Available immediately. Rent to own available. (800)620-1323 x301.

237 Tamara Way, Columbia, SC 29229. 3 Bedrooms, 2 Baths. Vaulted ceilings, new carpet and paint. 1 car garage, deck, spa. Great location near Sandhills. Contact Benita Clemons, 803-479-2231 or Kenneth Tisdale, 760-917-6231.

3 Bedroom, 3 Bath spacious 1750 sq ft condo situated one row off arcadia lake. Safe pool, tennis \$975.00. Cable included. Military Discount. Call 803-787-9508

702 Houses for Rent

3116 Gadsden Street in Historic Earlewood, Columbia, only 7 miles from Post. 4 Bedrooms, 2 Baths, large garage for storage, fenced backyard. Cozy home with location close to USC, 5 Points and the Vista. \$1200/month. Call 803-767-3618.

3BR, 2 1/2BA, fenced backyard, all appliances. NE Columbia, near Sandhills shopping, 15 minutes from Fort Jackson. Rental appl. required. 1st unit \$800/mo., 2nd unit \$900/mo. plus deposit. Jody, 803-360-1558.

3BR, 2BA with Bonus Room, large 2 car garage, fireplace, wrap-around deck on 1/2 acre, fenced yard. 1/4 mile from Ft. Jackson Gate 5. A Must See. Many upgrades. \$1100/month plus deposit. Call Rudy, 407-383-2731.

Beautiful 2 year old 4BR, 2 1/2BA Home 15 min. from Fort: Formal Dining/Living Room, eat-in kitchen, 2 car garage w/opener. Loft upstairs, talking Alarm. Some pets w/deposit. Lease \$1300 w/partial deposit waived for military. Available 31 Mar. Selma, 803-237-9384.

Beautiful 2BR, 1BA Home: Large family room, working fireplace, eat-in kitchen, large backyard. 316 Greenlake Dr., Hopkins (Greenlake Subdivision), 8 miles from Fort Jackson, 8 miles from McCrady Training Center. \$650/mo. unfurnished, \$800/mo. furnished. Water/sewage included. Yvonne, 803-695-0207/Lisa, 803-795-5270.

Beautiful 3 Bedroom, 2 1/2 Bath Home with Community Pool and Park in Lexington 1 School District. Located in Martins Grove Subdivision off Park Rd. \$1250 per month plus \$1250 security deposit. Please call 803-240-2307 or 904-814-8210.

Beautiful all brick 5BR, 3.5BA in Lake Carolina available for rent. Available May 1st. \$1995 per month. Award-winning Richland 2 Schools. Will consider Lease to Own. Call 803-699-0998 or 770-310-4774.

Beautiful Home in Gated Community: 3 Bedrooms, 2 Baths, 2 car garage, fenced yard. Very convenient to Ft. Jackson. Credit Check Required. See it at www.ahrn.com keyword "adv2" or Call 803-528-3863.

Beautiful Home near Fort Jackson! 1300 sq. ft., 3 Bedrooms, 2 Baths. Northeast Columbia. Available Now! \$950 per month. Call (803)315-8524 for more information.

Cute, quiet rancher: 3BR, 2BA, fireplace, front porch. Fenced backyard w/shed. Near I-20 and Village at Sandhills shopping. Great Richland 2 School District. \$800/month. Call 803-788-2929, TNT Property Management.

702 Houses for Rent

Lease/Lease to Buy: Available 4/1. 1 Fountain Lake Place, Columbia. 3BR/2.5BA, 2 story house, 1870sq.ft., on large corner cul-de-sac lot. Nice neighborhood w/easy access to shopping, Hwy. 378, I-77/I-26. Richland One Schools. 10 min. from Fort. Call to view, 803-776-4380.

NE Columbia: 3BR, 2.5BA, 2110 sq.ft., 2 car garage, cul-de-sac, 1 year old, fireplace, balcony, patio, loft. Schools are Rice Creek, Kelly Mill and Ridgeview. Rice Creek Farms off Lee Rd., 421 Buttonbush Ct. \$1195/month. Jenny, 803-513-4936.

NE, Homes of Polo: 2 Bedroom, 2 Bath Patio Home on quiet cul-de-sac with fenced backyard. \$750 per month plus security deposit. Call 803-317-4734.

Near Ft. Jackson and VA: 3 Bedrooms, 2 Baths, Living Room, Dining Room, Family Room with fireplace, eat-in kitchen, 2 car garage, fenced backyard. \$975/month + security deposit. Call 803-227-9737

NEW TOWNHOME, 3BR, 2.5BA in LAKE CAROLINA. Available 1 April, 2008. Washer/Dryer included. Lawn care provided. NO PETS!. Lease w/option to buy available! One year lease \$1350/month. No Deposit w/qualifying credit score. Applications by email at mortgage.kenneth@gmail.com or call 803-699-8338.

Northeast Area, 10 minutes from Post: 3 Bedrooms, 2 Baths off Alpine Rd. \$1000 per month. Call 360-7839.

Northeast Home in Lake Carolina/Harborside, 518 Long Pointe Lane. 3 Bedrooms, 2 1/2 Baths, front porch, fenced backyard. New Appliances. 20 minutes from Base. Ready to move-family relocation. \$1350 per month. Call (407) 860-1367 or 269-1524.

Northeast: 4 Bedrooms, 2.5 Baths, 2 car garage, fenced yard, awesome deck. Great location with excellent schools. Pets allowed with deposit. Credit Check Required. See it at www.ahrn.com keyword "adv1" or Call 803-528-3863.

Northeast: Home on the Lake. 4BR, 3BA, Deck, double garage, New appliances. 15 min. from Base. \$1600. Call 803-360-7839 or 419-7082.

Patriot Park Home, 106 Whixley Lane: 3 Bedrooms, 2 Baths, 3 miles from the Fort Jackson side gate. Built in 2005. Background check and credit check required. \$800/month + utilities, \$800 deposit. Call 352-279-3705.

Southeast: Beautiful Home Awaiting Family. 5 minutes from Ft. Jackson, Super Walmart and new shopping centers. 3 Bedrooms, 2 Baths and garage. Quiet neighborhood. \$950. Military discount \$925. Call 803-463-6513 for appointment.

702 Houses for Rent

Quiet/safe country living, NE Columbia/Elgin area. 3BR/2BA home, newer subdivision w/fresh paint, carpet, wood floors. 20 minutes to Fort Jackson, 5 minutes to Village at Sandhills. No Pets. Non-smokers. All appliances. \$950/month, \$950/deposit. 1 yr. lease. Available now. Ryan, 270-272-3771.

Ready to occupy! 3 Bedrooms, 2.5 Baths in NE Columbia: 1280 sq.ft., 15 minutes to Fort. Richland 2 School District, near Sandhills Shopping. All appliances and blinds included. \$950 plus deposit. Call (803) 699-7137.

SE Columbia, minutes from Fort Jackson: Padgett Woods Subdivision. 3BR/2BA, LR, Kitchen combo, Stove, W/D connection, double driveway, large fenced-in backyard. \$750/month + deposit. Available 4/08. From Gate 5- Leesburg Rd. to Trotter (left) to Padgett (left @ yield). 803-240-6759, 803-788-3919

Southeast Area, 8 minutes from Post: 3BR, 2BA, bonus room, 2 car garage, fenced yard. Off Leesburg Rd. Rent \$1100. Available mid March. Call 360-7839.

703 Apartments for Rent

5516 Lakeshore Drive: Condo, 2BR, 2BA, Upstairs. Available now. \$765/month, \$600 security deposit. Kitchen, Living Room, Balcony. Appliances, Water/Sewer included. 5 minutes from Fort Jackson. Private Community. No Smokers, Pets or Waterbeds. Call 803-331-2605 or email ginagate@gmail.com

Condo For Rent, Sale or rent to own: 2 Bedrooms, 2 Baths, 1200 sq.ft. Comes with all needed appliances including washer and dryer. New carpet, freshly painted. 5 minutes from Ft. Jackson. Sale price \$51,900 or rent \$600. Contact 407-748-4479.

Condo for Rent: 2 Bedrooms, 1 1/2 Baths, up and down. Washer/Dryer Hookups, Pool. Point Arcadia on Decker Blvd. \$650 + water and sewer. 788-1914.

For Rent Week of July 5-12, 2008: 1BR Condo, sleeps 6. Located at 7509 N. Ocean Blvd., Myrtle Beach, SC. Ocean view w/pool and Jacuzzi on site. Within 15 minutes of all area attractions. \$1000. Call 803-425-9001. All calls returned.

Studio room for rent in Private Building. Utilities included. Call for details, 803-728-7511 or 803-782-8617 after 4:00 p.m.

703 Apartments for Rent

Forest Drive @ I-77. Quick walk to Ft. Jackson or drive to 5 Points/Downtown. Large, quiet, clean 1BR Apartment. Water, sewer, Wireless Internet, CH/AC, \$525. Pets? rentalsone@aol.com 803-799-7368. Virtual Tour: http://midlandshomeshow.com/pa2/ YES, WE CAN DO FURNISHED AND SHORT TERM RENTALS.

Lovely 1500 square foot Condo, three bedrooms, two baths, located on a Lower Richland horse farm. Convenient to Fort Jackson. Available March 15th. Rent is only \$675 per month. For more information call 776-2074.

Newly Remodeled Loft Apartment: 1BR/2BA, Rosewood area. 10 minutes from Fort Jackson. Available April 1. Washer/Dryer included. Lawn care provided. NO PETS! One year lease, \$525/month. No deposit w/qualifying credit score. Non-smoker. Applications by email @ mortgage.kenneth@gmail.com or call (803)699-8338.

704 Mobile Homes for Rent

Mobile Home for rent, \$600 + deposit. Close to Fort Jackson. 803-553-9335. Private lot, Leesburg Rd., #4162 in back.

800 Land for Sale

1 acre lot for sale. Mobile Home Ready, Cassatt, SC. Call Terry, 803-572-1314.

805 House for Sale

1667sq.ft. 3BR, 3BA, MonM, Award-Winning Lake Carolina Development. Minutes from Base. Top schools, shops and YMCA in Development. Amenities, fantastic Harborside Community. Call John Boozer, 803-917-6862. Email for details: RealEstate@JohnBoozer.com

33 Acre Lake Front House for Sale or Rent to Own: Southeast Columbia, Richland County. Atlas Road and Garners Ferry. East Lake Subdivision. 1546 sq. ft. 3 Bedrooms, 2 1/2 Baths, one car Garage, small FROG. \$138,000. Call 803-466-1520.

4BR, 2.5BA + FROG. 2100sq.ft, 2 story, SE Columbia, 5 min. from Post. Better than new, 2 yrs. old Huge fenced backyard, Great Landscaping! 2 car garage, cul-de-sac. Great Room w/Fireplace. Walk-in closet, garden tub/separate shower. \$174,900. 803-414-5811 or 803-743-3470.

609 Summerhill Drive. Only \$124,500. That's right! Over 1700 sq.ft., 1 car garage, shed, 3BR/2BA, formal dining, eat-in kitchen, family room. Clean and ready. 2 years young. Gary Cross, 467-0256.

805 House for Sale

Briarwood Subdivision, 7 miles to Ft. Jackson: 2 story Williamsburg. 4BR, 2.5BA, 2800 sq.ft. Fenced Back Yard with Patio and Arbor. All appliances remain. 2 car enclosed garage. \$179,500. Call 803-788-1550.

BUNGALOW-FIXER UPPER, \$39,900. 1454 Bonnie Avenue, Columbia. 1005 SF (+/-10%). 3 BR, 1 BA, all formals, kitchen, separate laundry, no garage. No Repairs. Offers prequalified letter from financial institution. COLDWELL BANKER UNITED REALTY. Lee Mills, 803-479-0908.

Forest Acres Starter: 5 minutes from Ft. Jackson. 3 Bedrooms, 2 Baths, FP, Sunroom. \$179,900. CRPM, LLC, 803-788-3002

FSBO: \$155,000. 1700+ sq. ft., 3 Bedrooms, 2 1/2 Baths, Sunroom, Game Room/workshop. Private fenced in back yard. Call 803-699-1382 or view at www.militarybyowner.com

FSBO: 2006 Pennington Place Townhouse, 1500 sq.ft., 3BR/2.5BA. Includes attached garage and fenced backyard. Front yard maintained by Homeowner's Association. 2 miles to Fort Jackson, less than 5 miles to Five Points and Vista. \$146,900. Contact (803)348-4113 for more information.

Heathwood: 3 Bedrooms, 2 Baths, Brick, Sunroom, FP, Deck, Garage. \$299,900. CRPM, LLC, 803-788-3002

Historic Melrose: 3 Bedrooms, 2 Baths, Sunroom, FP, Wet bar. Needs renovating. \$250,000. CRPM, LLC, 803-788-3002

House for sale in Blythewood, Ashley Oaks S/D, Brick, 3BR, 2BA, FROG, 2621 sq.ft., 1.48 acres, dock and pond. Cul-de-sac, zoned for Bethel Hanberry Elem., Blythewood Middle/High Schools. \$314,900. Email for pictures jlaterza@sc.rr.com

Like New, 1.5 year old, 3BR, 2.5BA Home for sale by owner in Southeast Columbia. Attached 2 car garage, established lawn. Sprinkler system in front and back yards. Professionally installed wood fence surrounding backyard, modern amenities. View at www.HomesByOwner.com/55929 803-586-2077.

Military orders force move. Lovely 4 Bedrooms, tile floors, huge master, family room, large kitchen. Sterling Hills Subdivision. Asking \$138,000. Call Gary Cross @ 467-0256.

NE Columbia, Winchester Subdivision: Approx. 2400 sq.ft. 3 Bedrooms, 2.5 Baths, 2 car Garage. Large play room on a beautiful corner lot. Fenced-in backyard with large deck. Priced to sell at \$189,900. Contact Dave, 803-397-1700.

805 House for Sale

NE, Rose Creek: 4 Bedrooms, 2.5 Baths, .6 acre, FP, cul-de-sac. \$189,900. CRPM, LLC, 803-788-3002

NE: Beautiful Garden home on corner lot. 3 Bedrooms with an exceptionally large Master Suite, 2 Baths, Formal Dining, Living Room, eat-in kitchen overlooking private fenced yard with covered patio. Garage, Sprinkler System. 1644 sq.ft. \$131,900. Call 803-261-1278 for appointment.

Near Richland Mall: new home on old lot. 2BR, 1BA, LR, eat-in kitchen, laundry room. New plumbing, heat/air, electrical system. New walls, ceilings, floors, carpet, ceramic tile floor (kitchen/laundry). New bath, kitchen, vinyl siding. Vacant, ready to sell. 782-7079, 413-2331.

Ready for New Owner: 120 Waterville Drive, Highlands Subdivision. Very clean, dark hardwood floors, formals, large kitchen, family room. SS appliances remain, irrig. Huge Bonus Room. \$239,900. Gary Cross, 467-0256.

REDUCED - \$204,500. Stunning Custom Brick Ranch, Reflections Gated Community. Open floor plan, 2300 SF, all formals. 3BR, 2.5BA. Master with Jacuzzi. Breakfast room in kitchen. Finished Room over 2 car garage. Gas Fireplace, deck, screened porch. Security and sprinkler systems. Immaculate! Coldwell Banker Realty, Lee Mills, 803-479-0908.

Rockbridge Townhome: 2 Bedrooms, 1.5 Baths, FP, Laundry room, porch, patio, parking. \$91,500. CRPM, LLC, 803-788-3002

Shandon Home FSBO: Priced to sell. Motivated Sellers! 3 Bedrooms, 3 Baths, 2000+ sq.ft. Fenced-in yard, hardwood floors. Very close to Fort. Large laundry room. Asking \$249,000. Call 803-319-8685 or email wer4usc@yahoo.com

806 Condos for Sale

Condo For Rent, Sale or rent to own: 2 Bedrooms, 2 Baths, 1200 sq.ft. Comes with all needed appliances including washer and dryer. New carpet, freshly painted. 5 minutes from Ft. Jackson. Sale price \$51,900 or rent \$600. Contact 407-748-4479.

807 Mobile Homes for Sale

2001 Fleetwood Doublewide in Gaston on 1.2 acre. 4BR/2BA, LR, Den. MBR w/walk-in closet, double vanity, garden tub, separate shower. Front porch, back deck. Fenced backyard w/barn. 1920sq.ft. Close to Hidden Valley GC \$89,000 OBO. Motivated sellers-make offer. Ryan, 803-739-2268.

807 Mobile Homes for Sale

3 Bedroom, 2 Bath Doublewide on 5 acres of land, located in Bethune, SC. \$10,000 down and take over payments. Serious inquiries ONLY. Please call 843-334-6031.

900 Autos for Sale

1966 Ford Mustang, excellent condition, runs and drives great, automatic, power steering, all original Vintage Burgundy with black interior. \$5900 OBO. Call (337)718-2417.

1984 Mustang GT, 5.0 H.O. engine, 4 speed trans w/OD. All org. faded paint, good body & int. Usual dents & pings. Driven daily, good car, no junk. \$2000. Call 803-425-9001. All calls returned.

1991 Toyota MR2 Turbo, 133,000 miles. Tuner project with all options/loaded. This car just had \$2500 of upgrades to the motor. Good condition, runs fast with strong turbo. \$6500 OBO. 803-960-5721.

1994 Lexus LS400, white, 129,900 highway miles, very clean interior. No accidents. Looks, runs and drives Great. Satellite radio. Always garaged, fully loaded. Ice cold AC. Asking \$6400 OBO. Contact (816) 401-4114.

1994 Pontiac Sunbird, 5 speed, V-6 engine 2 door. Drive it to work tomorrow. \$950. Serious inquiries only, 864-363-4760.

1996 Chevy Blazer SUV 4D, V6 4.3 High Output Automatic, 4WD, AC, off road suspension, PW, PDL, CC, PS, single CD player, leather, roof rack, towing package. Very clean. Asking \$2899. Call 803-603-3129.

1996 Collectors Edition Corvette in Sebring Silver with gray interior, LT1 330HP AT. All options/loaded. Low mileage for 1996 model. Brand new Z rated tires. \$15,000 OBO. 803-960-5721.

1996 Dodge Grand Am Van, approximately 144,000 miles, newly painted in last year, new transmission 2 years ago. Good tires and interior. Drives Great! Asking \$2500. 803-926-3574.

1998 Chevy Malibu 4 door sedan, power windows and locks, tilt steering, AC, CD player, 138,000 miles. Looks and drives great. \$2200 OBO. Call 803-782-9802, ext. 52302.

2001 Chevy Impala, two tone custom paint, black/charcoal, 20" rims, leather interior, wood grain, sunroof, rear spoiler, power seat, power tinted windows. CD player. 127,000 miles. \$4500 OBO. Call 803-556-7653 or 361-6263.

90 NISSAN 300ZX, 5 speed coupe. T-Tops, black with black/gray interior, AC, custom exhaust. 184,000 miles. Great car. Asking \$5800 OBO. Call 803-730-6114

900 Autos for Sale

2002 Chevy Venture Extended LS Van, 4 door, keyless entry, loaded, airbags, power driver's seat, power sliding door, premium sound CD player. Great family van. Lady driven. A must see. Clean. Only 70k mi. Asking \$6700 OBO. Call 803-312-4378.

2002 Kia Sedona EX white minivan: V6 3.5L, 4WD, A/T, 80,080 miles. DVD System, leather, sunroof, privacy glass, roof rack, excellent condition! Must See! Asking \$7700 OBO. Call anytime, 803-983-4605.

2002 Mercury Grand Marquis, 39K miles, excellent condition, for sale by original owner. Light blue exterior/interior. PS, PW, PL, auto., AC, AM/FM/cassette. Driven by non-smoker, kept garaged since bought. \$11,900. Call Norm, 776-3689, Columbia.

2004 Chevy Tahoe 4x4, 5.3 L engine, 76,000 Hwy. miles. Flex fuel, 3rd row seat, sunroof, Bose sound system, towing package, new tires. Looks and drives like new. Must Sell. \$19,500 OBO. 803-309-4179.

2005 Nissan Pathfinder 4X4, Carolina Red, 32,000 miles, auto, V6, looks and drives like new. \$16,999. Remainder of factory warranty. For sale by original owner. Call 630-661-1010.

2007 Chrysler LHS, 103,700 miles, excellent condition, CD player, leather seats, sunroof and 4 new tires, \$5800 OBO. 803-237-7365.

2007 Toyota FJ Cruiser, yellow/white, 12,000 miles, excellent condition, \$25,000. Call 803-466-1520 for more details.

93 Lexus ES300, 148,000 miles, asking \$3200. 1990 Cadillac Sedan Deville, 127,000 miles, asking \$3000 OBO. Contact 803-206-4246.

Must Sell: 2007 Ford Fusion S, tucson silver, excellent condition. Anti-theft system, keyless entry, CD/MP3 Player. Roomy, power locks and windows. Great gas mileage, 28/31. Only had for 8 months. Asking \$19,800. Please call 901-389-8477 for more information.

901 Trucks for Sale

1982 Chevy S-10 Durango, great body & int. No title. Has knocking 2.8L motor. Good 5 speed transmission. Would make great drag truck. \$400 OBO. Call 803-309-4179. All calls returned.

1985 Ford Ranger Truck: 5 speed, Great Body. Replaced engine, but won't start. New tires and starter. Tool box on back. \$400 OBO. (H)803-699-9897 or (C)803-603-8310. Make me an offer. Must see first.

1990 Nissan Pickup Truck, 130,510 miles, 5 speed manual transmission, new paint, tires and chrome rims. Great shape, \$2700 OBO. Call 803-269-8788

901 Trucks for Sale

1989 Chevy S-10 4x4, 4.3L eng., auto trans, orig. alu. rims, good tires. Everything works. Runs great, but needs alternator. Good body & int. Usual dents & pings. Driven daily until alt. went out. \$2000. Call 803-425-9001. All calls returned.

1992 Dodge Ram 50 Pickup. Has Mitsubishi engine (Hybrid-between Dodge and Mitsubishi). 5 speed transmission (stick). Great tires. Approximately 178,000 miles. \$1995. 803-926-3574.

1994 Ford F-150 Regular Cab, 4.9L, red w/gray interior. 8' bed, dual tanks. Go 700 miles before stopping. Great gas mileage, 19 mpg hwy. New tires, battery, clutch, flywheel, oil pump, radiator. Runs great. Go anywhere! 174K. \$2700. 931-349-1941.

1997 Ford F150 Lariat. 90,500 miles. Power doors/windows/mirrors. Running boards, camper shell, bed liner, cruise, tilt, leather, 3rd door. White exterior, brown interior. Contact David, 803-729-4029 to arrange test drive and inspection. \$6400.

1998 Chevy S-10 Longbed, good condition, 129,000 miles. \$3000 OBO. Call Jeff @ 803-865-5199.

2001 GMC 2500 4x4 Truck, 6.0 liter AT with only 75K miles. Loaded with AC, PW/D/L/M, heated seats, towing package, leather interior, bed cover, running bars, OnStar. \$15,000 OBO. 803-960-5721.

2006 Ford F150 2WD, 20 mpg., keyless entry, 13K miles, Access Cab, long bed. AM/FM/CD Player, tilt wheel, bedliner, towing hitch. Like new inside and out. Factory Warranty. \$13,000. 606-309-3290.

Blue 2000 Ford F-150 Extended Cab, excellent interior and exterior condition, low mileage, power locks and windows, AC, cruise, bed liner, air bags, tow hitch and more. Kelly Blue Book \$9600, asking \$8500 OBO. Call 502-235-6259 or 270-300-1496.

902 Boats/Equipment

05 Crestliner 2485LX Pontoon Boat with trailer. Mercury 115 hp. 4 stroke, less than 10 hours. Fish finder, 6 speaker radio w/CD, life jackets and anchor included, \$19,000. 803-794-0407 or 803-318-7148.

17 ft. Dolphin Fiberglass Camouflage Color Canoe, very good condition. Includes paddles, 2 flotation devices, tie down straps and cushions. Great canoe for duck hunting. Will sell all for \$400. Contact Mark at (803) 261-2811.

902 Boats/Equipment

1999 20' Nitro Fish and Ski, good condition. Mercury 150XR6 w/recent tuneup. Hot Foot Throttle, battery charger, Battery Maintenance System, Hydraulic tilt steering, Keel guard, in-dash Depth gauge, Lowrance LMS-320 Mapping GPS and Sonar, much more. Moving. \$8000. 407-506-9108 breinwald@sc.rr.com

903 Motorcycles/Mopeds

1999 Honda Valykerie 1500cc Sport Tourer, black and chrome, extras, excellent condition. Original owner. 17K miles. \$8000 Firm. Call Steve, (803) 331-4260. For pictures email me at: seeredman14@yahoo.com

2001 Suzuki Katana 750cc, runs good. Great bike in good condition. Asking \$3500 OBO. Call 803-210-9870 or 803-790-8384 for more information.

2003 Harley Davidson Custom Sportster 100th Anniversary Edition. Dynaflow jet kit, Screaming Eagle 2 exhaust system, Highlander seat w/quick detachable sissy bar. Like new, still under factory warranty. 6300 miles. Fresh tuneup/service by Thunder Tower. Must Sell. \$6500 OBO. 803-309-4179.

2004 Honda CRF250R Motocross, rarely ridden, in Great Shape. Triple X Graphics. Very clean. Must See! \$3800 OBO. 2002 Honda CR125R, ready to ride, \$1900 OBO. Call Mike, 803-236-1878.

2005 Suzuki GSXR 600, 2800 miles, black/silver, chrome wheels. Complete tuneup in Dec. Asking \$4500 Firm. Female rider. Call 803-873-1828.

2008 Kawasaki Moped, black, 50ccs. Has a max speed of 40 mph. Excellent condition. \$1000. Call Kerry, 573-528-0591.

Motorcycle for sale: 2007 Ninja, 500cc, red/silver, 1,300 miles, too heavy for me. \$4000. Includes \$150 full cover, helmet and possible jacket if it fits. Call 803-466-1520.

903 Trailers Campers

1987 Fireball Camper, 38 ft., like a small 3 room apartment, good condition. Need to sell. Call Donna, 955-9127. \$5500 OBO.

2001 Class A 32 ft. Coachman RV. 13,000 miles. \$30,000. Excellent condition. For more details contact 803-466-1520.

2002 Coleman Pop-Up Camper, sleeps 6, AC/HT, 3 way refrig., 2 stoves. Garage kept. Camped in only a dozen times, like new condition, \$4600. 803-413-5725.

903 Trailers Campers

73 Starcraft Pop-up Trailer: Sleeps 6, stove, refrigerator, new canvas and screens, gas bottles, tires, wheel bearings. Totally refurbished. Ideal for family camping, \$2200. 803-794-0407 or 803-318-7148.

Regional Classifieds

Announcements
Attention Social Security Recipients!! You need to file a 2007 tax return in order to be eligible to receive a Stimulus Payment from the IRS scheduled for May 2008. We are offering a discounted rate (\$25.00) for those that have not been required to file in the past but need to file this year in order to receive the payment.

PARENTS-TAKE FRIDAY NIGHT OFF!

Bring your kids to Wateree Gymnastics Center the 1st and 3rd Friday of each month for Parent's Night Out - a night of supervised FUN complete with dinner! The times are from 6:30-9:30 and the cost is only \$17 per child. Call to reserve your spot! 432-2609. We also have GREAT Birthday Party Packages. Please visit our website at www.wateree gymnastics.com for more information about all that we have to offer!

AIRLINES ARE HIRING - Training for high paying Aviation Maintenance Career. FAA approved program. Financial aid if qualified - Job placement assistance. Call Aviation Institute of Maintenance (888)349-5387.

ATTEND COLLEGE ONLINE from home. Medical, business, paralegal, computers, criminal justice. Job placement assistance. Computer available, financial aid, if qualified. Call 866-858-2121, www.OnlineTidewaterTech.com

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FOOD LION Auto Fair - Lowe's Motor Speedway, Charlotte. Featuring: Classics, AACA National Spring Meet, customs, auction, clubs. Buy/sell. April 3-6. Info: 704-455-3205 or LowesMotorSpeedway.com

Announcements

Seniors 62+: You’ve seen the TV ads on REVERSE MORTGAGES. Pay off your mortgage, INCOME SOURCE, No Payments EVER, TAX FREE. FREE facts: 800-490-4287.

TIMESHARES RESALES!!
The cheapest ways to buy, sell and rent timeshares. No commissions, or broker fees. Call or go to 1-866-901-9899 www.buyatimeshare.com

Tuesday, March 18, 2008 is the last day to redeem winning tickets in the following South Carolina Education Lottery Instant Games: Red Hot 7’s (SC#181), Streak of Luck (SC#187), Blackjack 21 (SC#188), and Gold and Silver (SC#192)

PIANO/KEYBOARD LESSONS BY EAR! ASK ABOUT GROUP LESSONS! ASK ABOUT FREE SEMINARS! SENIORS-KIDS ALL AGES. (DVD’S ALSO) PENNY(803)432-4637.

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VINTAGE ANTIQUE FIREWORKS and firecracker related items wanted. Will pay cash. Please call 507-458-5204.

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ANNOUNCE YOUR AUCTION IN 102 S.C. newspapers for only \$360. Your 25-word classified ad will reach more than 2.8 million readers. Call Jimmie Haynes at the S.C. Newspaper Network at 1-888-727-7377.

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Sat., March 29, 10AM
1927 Etters Lane, Cassatt, SC
Go US Hwy.#1 North, turn left on Porter Road, go to Etters lane turn left, follow auction signs. 1750 sq.ft. modular home with 8+-wooded acres. Inspection-Sunday, March 16, 2-4pm.
Terms: Real Estate 10% Down. Balance at closing (30) days. Sold with Reserve!
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Pre foreclosure homesite in established SC community. Won’t last call now: 864-895-6990.

Campers
1997 Gulfstream Sunvoyager, 35 foot non-slide gas motorhome. Ford Chassis, new roof, some TLC needed. \$16,900.00
Camping World RV Sales 1-877-862-2474

1998 Damon Hornet 5th Wheel, 25 Feet, rear living, one slide. \$11,900.00. **Camping World RV Sales 1-877-862-2474.**

1999 Tradewinds 7372 Diesel pusher motorhome. One slide, 70k miles. Must see to appreciate. \$74,900.00. **Camping World RV Sales 1-877-862-2474.**

Campers
2002 Cedar Creek by Forest River 5th Wheel, Model 29RKDS. One slide, excellent condition. \$19,995.00. **Camping World RV Sales 1-877-862-2474.**

2002 Winnebago Sighteer, 30 feet, one slide, Ford chassis. Excellent condition with low miles. \$49,850.00. **Camping World RV Sales 1-877-862-2474.**

2005 Coachman Capri single slide travel trailer. Rear bedroom, two couches, great kitchen, 29 feet. \$15,450.00. **Camping World RV Sales 1-877-862-2474.**
Child Care
Daycare Openings-Family Style. Limited openings: Ages 1-3 years old. Call 408-1730, ask for Teresa. DSS Reg. #18189

Two Pigtails & a Lolly-Pop Daycare Open 1st and 2nd shifts! Caring, warm home environment. DSS Reg. # 21383. Contact Mrs. Sutton, Phone: 803-475-2314.

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Administrative Assistant Needed

We are looking for a responsible, outgoing and organized individual who can help run a busy front office with minimal supervision. Must have excellent customer service skills, a great phone voice and experience with computers. Please email your resume to watereegymnastics@yahoo.com or fax it to 432-2612. No phone calls please.

SALES SPECIALIST WANTED - Infinity Card Services is looking for a select group of highly motivated individuals to represent our company as independent sales agents. We offer merchant services, credit card processing, and check processing services. We support our agents with weekly bonuses, monthly residuals, with an income potential of \$750-\$1250 a week. If you are a person who wants to establish a relationship with a dynamic, expanding, and honest company, please visit our website recruiting link at http://www.infinitybusinessgroup.com/home/ICSRecruiting/tabid/123/Default.aspx

Office Manager
Carolina Sports, Inc. has an immediate opening for an Office Manager. Applicants should have strong computer & organizational skills & a good phone voice. Responsibilities include: Scheduling, hiring & training of staff, ordering supplies, tracking jobs from start to finish to insure timely shipment & quality control and assisting customers & clients over the phone. Benefits include: Medical and dental insurance. Please email resume to yvonne@carolinasports.com

Employment
Do you speak fluent Spanish and English? Be more than just a secretary! Immobel.com the worlds largest provider of data translation services to the real estate industry is opening their first office outside of Europe. Because the CEO lives in Camden, we are opening our US office here. This interesting position is full time, and has a lot of growth potential. You will handle some executive assistant functions, help with marketing, do some translating, handle some customer calls and learn the business. Your language skills will be used to interact with Spanish language news media and reporters, helping with ad copy, helping with internet portal copy, doing research and depending on where your talents lay, you can grow in several directions as the company staffs up here. You will have the chance to work independently, and as part of the team on new product launches.

You will be responsible for tracking detail, progress and scheduling. Your Spanish language must be native, and very polished. Your English must be fluent. Knowledge of the real estate business, particularly recent experience as an agent or broker is a definite plus. If you are the right person for this job, we are looking for you.

Light industrial needs. NE Columbia. Must have clean background. Pridestaff 803-782-0082.

\$250-\$500/week Housemaid
Variable hours. Mail information with photo. Background check will be done. Arrowhead Hay Farm, 2366 Lockhart Rd., Camden, SC 29020.

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Do you love the elderly? We are seeking compassionate people and CNA’s to help seniors at home. Richland and Kershaw counties, and Cola areas. PT, days & wknd. shifts w/flex scheduling available. Exp. Preferred. Call RetireEASE (803)865-5033 or Local 408-1500.

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Employment
Community-Based Services.
Nutritionist IV - Region 4 - Sumter Public Health Office. Focus area is chronic disease prevention with an emphasis on obesity prevention. Must have a valid SC Registered Dietitian License and SC Drivers License. Excellent benefit package available to include health insurance, sick leave, paid holidays, vacation leave and optional 401K. Apply online at www.jobs.sc.gov EOE.

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DRIVERS: ASAP! Sign-on bonus. 35-42 cpm. Earn over \$1,000 weekly. Excellent benefits. Need CDL-A and 3 mos. recent OTR. 800-635-8669.

DRIVERS: Great home time & pay! Company or lease purchase. Health, vision & dental. Direct deposit. CDL-A & 3 mos. experience req’d. 800-441-4271 ext. SC-100.

DRIVERS: Teams & Solo needed. Great pay. Equipment and benefits. Must have 6 mo. OTR exp. Call for more info @ 1-800-669-3179 ext. 1411.

Fortune Academy Real Estate Pre-Licensing classes are available at Central Carolina Technical College. Call 774-3338 for more information.

Get rolling in your new career! Call Xtra Mile to enroll for CDL Class A training. Financial aid available. 15 locations to serve you. 1-866-484-6313.

Good personality plus automobile needed to earn \$400-\$600 weekly talking to homeowners. 4-5 hours/day. Call Bob at 432-6028.

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Looking to hire 2 CMA’s for SC location. Candidates must have good work ethics, good work history & willingness to learn with good customer service skills. This position will require some travel. Please fax all resumes to: 704-296-2743. Attn: Michelle.

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Nonprofit seeks PT case manager residing in Kershaw County to assist ex-offenders 4 hrs/week w/possible increase in hours. Knowledge of community resources, businesses a must. Computer skills necessary. Please send resume to: Director of Human Resources, 3519 Medical Drive, Columbia, SC 29203 or fax to: 803-540-7223. No phone calls please. EOE

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Lost in the Elgin Area. Taz, a brown lab mix and Kit a black and white border collie. Last seen Christmas Eve. Both are spayed and wearing collars. Please call 803-609-6985 or 803-428-2301.
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